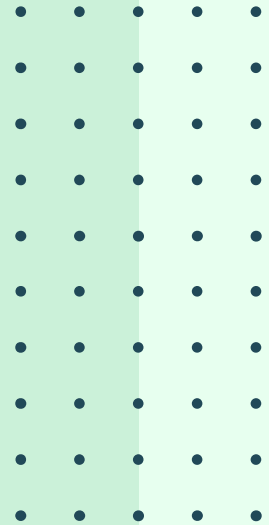


Think Less, Vibe More

Week 8: Triggers/Window
of Tolerance



AdVdV_eVU Sj Def UV_e9VR]eY R_U 4` f_dV]Z_X DVcgZVd

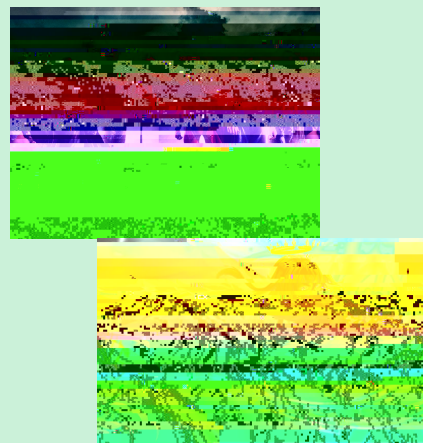
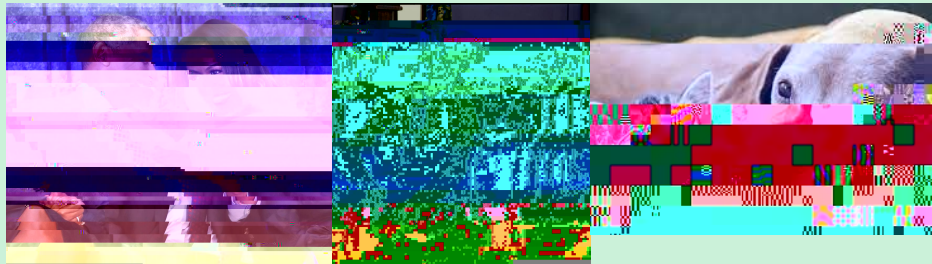
Safe Person Exercise

EYZ_ \ ` WR_ Z^ RXZ_Rg ` cdVR]aVod` _id/ hY` Zl
H :D6
? F CEF C :? 8
AC@E64E:G6

EYVj Rcd hV]]Z_eV_eZ _VUe_ ` h j ` f gVg hV]]kTR__ ` eTcZkVj ` f R_UR]hRj o
YRdd ` ^ VeYZ_XWcj ` f Z

6XZ^ Zj ^ V^ SVod_ ` eaRcd_eV_eVVRTYVodkVW_UL^ V_e odkafS]Z Xfcdk
TV]VScZj k]ZVdRg XfcdkTRce ` _TYRdRTeVodkV]kZ fd XfcdkR_Z^ R]dk
ac eVTe cdj ^ S `]dk^ j eYZR] XfcdkR^ R]XR^ ` VdRced ` WdV]W

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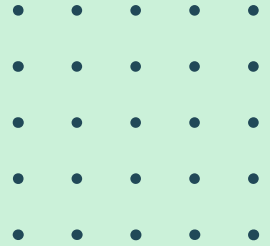


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About Triggers



EcXXVcdRcd+

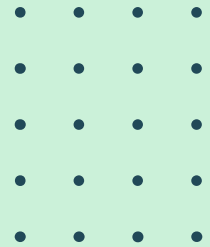
- † 2_j eYZ_X eYRedVed` R_Z_eV_dV V^` eZ_R]dVRTeZ`_` W_V_TRf` _X Vi eV^ V
U deVdd` c` gVch YV]^ i XYeZ XYeZ WVKVLRh_/
† Z_eVc_R]Id` ^ VeYZ_X eYReT` ^ VdW` ^ ReY` f Ye` cV^` eZ`/
† Vi eVc_R]Id` ^ VeYZ_X Z_eV` f UVh` c]U eYReTRf` dR dVRTeZ`_/
†

EcXXVcdTR_SVdf UV_ž

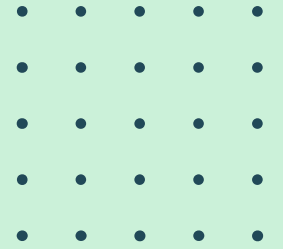
EcXXVcdTR_R VTej` f RSZj è dV^ RZ_adVfi_eZ_eV^` ^ V_ež

:e^ Rj ScZ_X fa daVTZT eY` f YeaReeVc_dIVXZ` W` ^ eRf R` cZ` f` _TVj` f

SVYRgZ cž







Window of Tolerance

9` h è XVeSRT\ Z_è ` fchZ_U` h ` Vè]McR_TV iVX/

†9j aVdRc` f dR]

f15ZRaYdRX^ ReZ 3dVReYZ_X

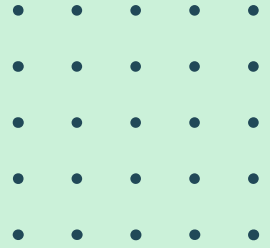
fU` XR

fI> VUZReZ _

f15c_\Z_X h Re/c` cTdVReZ_X dR]gR

H ZUV_Z_X` f cH Z_U` h ` Vè]McR_TV iVX/+

fICVXf]RcT` ^ aRddZ _ WTf dVU deRe/XZ/d



†9j a` Rc` f dR]

f18c` f _UZ_X è `]dI_R^ Z_Xt%6]V^ V_æ/

f13dVRe/h` d\

fIAYj dZTR]^ ` gV^ V_e

f19f ^ ` c

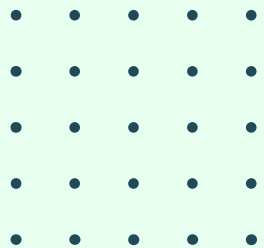
fIDTR]Z_X

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05. Reflect &

Debrief



Additional Resources

2aad+H j dRŁ> `` U> ZddZ _łDYZ_Vł9RaaZMł4R]^ ł
> Z_UDYZ_VłB f ZÆYRe

4` f _dVZ_X 8c` f ad eYc` f XY` feVgVg h VV\

E=G> ARœ# 8c` f a iCZd_Z Dec` _X/

E=G> ` VdVU_Z DacZ_X

EYV Deef XX]V ZłCVR]ı5Va Xc` f a/

Def UV_eH V]ı 3VZ_X

D94D: _deRXdR^ † 1 VRdeSRj dYTd

7VVUSRT\ 7` c^

