

# TRANSFORMING TRIGGERS GUIDED WORKSHEET

WHAT WAS THE PLACE, PERSON, OR VERBAL  
PASSAGE THAT CAUSED YOU TO HAVE AN EMOTIONAL  
RESPONSE? (Example: Tone of voice from someone I loved).

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WHAT THOUGHTS DID YOU HAVE DURING THE TIME  
OF THE TRIGGERED EVENT?

(Example: I felt unloved and not wanted).

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REFRAME THOSE THOUGHTS INTO A POSITIVE  
PASSAGE: (Example: I am loved and I am worthy).

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## INSTRUCTIONS:

### **Set the Scene:**

Find a quiet and comfortable space where you can reflect without distractions. Please ensure to bring your journal or a piece of paper should you require additional space for writing beyond the provided area.

### **Recall the Incident:**

Think back to the specific situation where you experienced the emotional response. Was it a conversation with someone? A particular location you visited? Or perhaps a passage you read or heard? Try to remember as many details as possible.

### **Identify the Emotions:**

Reflect on the emotions that arose within you during this incident. Were you feeling angry, sad, anxious, or something else? Try to label and describe these emotions in as much detail as possible.

### **Reframe Negative Thoughts:**

Once you've identified the negative thoughts, work on reframing them into more positive and constructive statements. Consider alternative perspectives or interpretations that are empowering and affirming.

### **Write a Positive Passage:**

Using the reframed thoughts as a guide, compose a positive passage that encapsulates a more optimistic and constructive outlook on the triggered event.

### **Emphasize Resilience and Growth:**

Focus on resilience and growth in your positive passage. Highlight how the experience can be a learning opportunity or a stepping stone toward personal development.



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### Affirmations and Encouragement:

Include affirmations and words of encouragement in your positive passage to bolster your confidence and motivation.

- **Visualize Success:** Visualize yourself overcoming the triggered event with grace and resilience as you write your positive passage. Imagine the positive outcomes and how you can thrive despite challenges.
- **Practice Self-Compassion:** Be gentle with yourself as you reframe your thoughts. Acknowledge that it's okay to have negative thoughts, but also recognize your ability to transform them into positive ones.
- **Reflect on Impact:** Consider how adopting a more positive mindset can impact your emotions, behaviors, and overall well-being. Visualize how implementing these positive thoughts can lead to greater happiness and fulfillment.
- **Closure:** Conclude your positive passage with a sense of closure and optimism. Remind yourself of your inner strength and resilience as you move forward from the triggered event.

By following these instructions, you can effectively reframe your thoughts from the triggered event into a positive passage that fosters growth, resilience, and optimism.

Emotion Chart (To identify triggered emotions)

Positive Emotions	Negative Emotions
<ul style="list-style-type: none"><li>• JOY</li><li>• HAPPINESS</li><li>• LOVE</li><li>• GRATITUDE</li><li>• CONTENTMENT</li><li>• EXCITEMENT</li><li>• HOPE</li><li>• PRIDE</li><li>• SERENITY</li></ul>	<ul style="list-style-type: none"><li>• AMUSEMENT</li><li>• INSPIRATION</li><li>• ENTHUSIASM</li><li>• OPTIMISM</li><li>• SATISFACTION</li><li>• EMPATHY</li><li>• COMPASSION</li><li>• AFFECTION</li><li>• PEACEFULNESS</li><li>• CONFIDENCE</li><li>• FULFILLMENT</li></ul>
	<ul style="list-style-type: none"><li>• SADNESS</li><li>• ANGER</li><li>• FEAR</li><li>• DISGUST</li><li>• GUILT</li><li>• SHAME</li><li>• ANXIETY</li><li>• FRUSTRATION</li><li>• LONELINESS</li><li>• RESENTMENT</li><li>• JEALOUSY</li><li>• EMBARRASSMENT</li><li>• IRRITATION</li><li>• DISAPPOINTMENT</li><li>• HELPLESSNESS</li><li>• OVERWHELM</li><li>• REGRET</li><li>• DESPAIR</li></ul>





## Meet Jennifer Hansen-Silva, Owner of Conscious Balance.

Hello, Beautiful Souls!

I am Jennifer Hansen-Silva, the proud owner of Conscious Balance. With a diverse array of qualifications, including being a Certified Holistic Health Practitioner, TCI (Therapeutic Crisis Intervention) certified, Mental Health Advocate, Life Coach, Usui Reiki Master, and Past Life Regression Hypnotherapist, I embody a holistic approach to well-being. My academic achievements include a Master of Science in Mental Health & Wellness and a Bachelor of Arts in Psychology, reflecting my commitment to understanding the intricate connections between mind, body, and spirit.

As the Owner of Conscious Balance and Founder/Co-Owner of NorCal Goddess Retreat, I have dedicated myself to guiding others on their paths to holistic wellness. My multifaceted expertise extends to additional roles as a Shamanic Priestess, Cacao Guardian, and Ceremonialist, demonstrating a deep understanding of the interconnectedness of mental, emotional, and spiritual health.

### About Me:

- Hypnotherapist
- Holistic Health Practitioner
- Usui Reiki Master Practitioner
- Mental Health Advocate
- Social Worker
- doTERRA Advocate
- Shamanic Priestess
- Cacao Guardian
- Founder/Co-Owner of NorCal Goddess Retreat

### Services Offered:

- Holistic Health Coaching
- Hypnotherapy
- Past-Life Regression Hypnotherapy
- Holistic Health Assessments
- Inner-Child Healing with Emotional Freedom Technique
- Tarot and Oracle Combination Readings
- Crystal Healing Sessions with Reiki
- Sound Healing Sessions
- Sacred Quantum Cacao Ceremonies Facilitation
- Somatic Movement Sessions/Classes

I am dedicated to bringing a conscious balance within the mind, body, and spirit. My mission is to assist the community in healing naturally through a variety of holistic health practices.

One Soul At A Time.



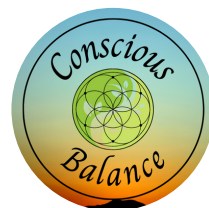
Connect with me on both my Conscious Balance social media platforms:

Like Conscious Balance on [Facebook](#) for updates and inspiration.

Follow me on [Instagram](#) for a daily dose of positivity.

Explore my website: [www.consciousbalance1111.com](http://www.consciousbalance1111.com) to learn more about my services and upcoming events.

Whether online or in person, I am here to guide you on your journey to holistic well-being.



*With Love and Blessings, Jennifer Hansen-Silva*