



MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

Relationship Trigger Worksheet

<p>Trigger situation – what triggers you in your relationship? How do you respond / what are your behaviours</p> <p>E.g. avoidance, shut down, shouting, crying, sarcasm, defensiveness, criticism etc (please number each situation)</p>	<p>State the feeling or thought that goes with trigger. If that feeling had a voice, what would it be saying?</p>	<p>Run the thought / feeling (both if necessary) through the Profound Permission Method (steps 1-4).</p> <p>If you want to change the steps around, you can.</p> <p>Make sure you breathe deeply with each step.</p> <p>This will help you get into your body more and move from Saboteur (overthinking and avoidance into Magician – art of no thinking and aliveness).</p>	<p>Step 5 of Method</p> <p>Now ask yourself: Were you able to shift your state (we are looking for a sense of relief, compassion, excitement, joy, expansion, peace...any better feeling state; neutral can be ok too)?</p> <p>If yes, what is the thought you are now choosing to think instead (refer to Power Archetype sayings to give you an idea of the energy behind your new thought. Also see what comes up naturally for you).</p> <p>OR What is the feeling you want to open up to & give yourself permission to feel in the moment (just for the sake of feeling that feeling) at the end of the process?</p>	<p>Step 6 of Method</p> <p>What is the next step here for you?</p> <p>Do you need / want to take action in order to clear up your energy? Is there a conversation to be had? What do you want to do better next time and how might you do this?</p> <p>Are you still feeling stuck in anyway now despite using the method? Do you have resistance (thoughts/feelings) coming up that you don't know what to do with?</p> <p>Check to see if there are any 'I should/shouldn't' thoughts coming up first, if still stuck please describe.</p>
<p>Example 1:</p> <p>When my partner isn't showing up in my eyes, I get critical and start saying threatening that I am going to leave or saying I want to leave the relationship. There is a lot of pressure and judgement coming from me. My partner ends up feeling inadequate and like a failure as a result of these conversations. I end up feeling fear and a sense of resignation to the fact that 'we are not working'.</p>	<p>Example 1:</p> <p>Thought - Maybe I would be better off with someone else? Sometimes I can't seem to help wondering if there is someone out there who would be a better match for me.</p>	<p>Example 1:</p> <p>Step 1: I give myself permission to think this thought & question my relationship because I am questioning it (validate the current state). I realise my mind is often looking for perfection and when it doesn't see it in my partner, I question whether they are enough and whether I would be better off with someone else.</p> <p>Step 2 - I give myself permission to not want to think this as it isn't a helpful thought. I don't want to let this thought lead my energy, and it brings up fear in me because I don't</p>	<p>Example 1:</p> <p>Step 5 - What would I like to think instead? It's okay to question my relationship sometimes. Nothing is perfect, my mind does have a habit of doubting & questioning. This thought does not get to have any power over me or my relationship. I know that I love my partner and I know I have the power to change my state of mind and thoughts about this and therefore my overall energy.</p>	<p>Example 1:</p> <p>I can take action by having a conversation about the parts of the relationship that could be improved in my eyes. I can take ownership of my criticism and judgement (& do the inner work on this). I can stop threatening to leave when I don't actually want to.</p>



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		<p>want to leave (this is an opportunity to do the method on the feeling of fear afterwards).</p> <p>Step 3 - A part of me can't help but think this / wants to question my relationship probably because we are conditioned to think of the grass being greener (I recognise this could easily be a sabotage pattern) & because I can see room for improvement.</p> <p>Step 4 – A part does not want to think this thought or let it be my dominant energetic frequency because I know it's not helping me/us.</p>		
<p>Example 2:</p> <p>When my partner doesn't seem to want to talk to me or share his/her thoughts about life; I start judging them & questioning the relationship in my head.</p> <p>I shut down to try & protect myself. I also start panicking inside about what this means about our relationship. I know that it is harder for them to connect with me when I am closed off like this.</p>	<p>Example 2:</p> <p>Feeling - I feel lonely in my relationship. This makes me feel sad.</p> <p>Associated thoughts – He/she doesn't talk to me. We don't have much in common.</p>	<p>Example 2:</p> <p>Step 1: I give myself permission to fully feel this sadness and loneliness in my body (rather than staying in my head and thinking my feelings). I acknowledge the sadness that is here.</p> <p>Step 2: I give myself permission / I acknowledge that a part of me doesn't want to feel this sadness/loneliness in my relationship. It's uncomfortable and I want to be happy.</p> <p>Step 3: A part of me cannot help but feel sad and lonely because I have always felt that at times in my life.</p> <p>Step 4: A part of me does not want to feel sad or lonely. It does not want to be led by these feelings. I want to be able to work with these feelings and help myself feel better rather than them dragging me down.</p>	<p>Example 2:</p> <p>Step 5 of method.</p> <p>What do I want to think or feel?</p> <p>What do I want to feel instead?</p> <p>Choose a 1 word feeling. I give myself to permission to feel XYZ (e.g. joy) right here right now for no other reason than to just feel good OR 'It is safe for me to open up to joy right now.' This doesn't mean that the sadness necessarily goes completely but the two can co-exist. The sadness doesn't have to be a problem unless our mind makes it one. I want to accept that I do feel lonely sometimes (& therefore I do think this) and it's okay to really feel my feelings of sadness around this.</p> <p>This is not about us not having things in common or whether my partner talks to me or not (because I know they do a lot of the time). It's</p>	<p>Example 2: Step 6 of method</p> <p>Any action to be taken?</p> <p>Allow myself to really connect with the feeling of loneliness/sadness even though it's uncomfortable. Breathe through the feeling & give myself permission to enjoy connecting with myself and my own aliveness as a result. Ask myself do I want to reach out to a friend or make new connections.</p> <p>Resistance still coming up - 'I don't want to feel sad.' This part is allowed to think this. Ask yourself is there a 'I shouldn't feel sad' underneath this thought and therefore some guilt about not being a 'happy' person. Whatever comes here keep giving permission to feel the feeling e.g. it's okay to feel guilty (as long as I don't indulge in it or stay stuck in it & use it against others).</p>



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