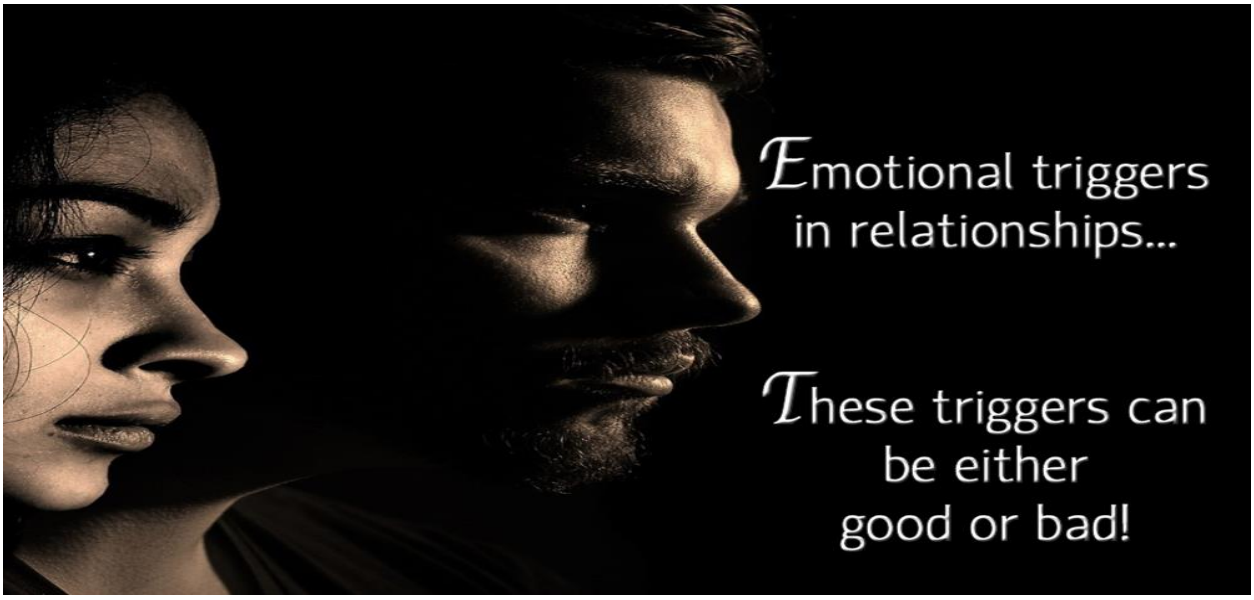
# Take Control of Your Emotional Health
# Part Six.




## How Can You Release Emotional Triggers in Relationships?

Most people would agree, we all carry some emotional baggage, that we would prefer not to have. However, it is an essential part of our development. From early childhood, our personalities have developed upon learned behaviour and our responses to life experiences. Our personality is a result of our experiences and our emotional reactions to them, and will continue to evolve throughout our life's journey.

Emotional responses are stored within the human brain; everything whether good or bad, is in our biological database. This catalogue of emotions is referenced and quarried every time we require a response to an emotion; happy, sad, angry, guilt, shame, indifference, etc. This reaction is known as an emotional trigger.

Personal relationships are supposed to be fantastic! We discover that special someone who appreciates our quirks, laughs at our lame jokes, puts up with our bad habits and yet, chooses to love us anyway! However, problems sometimes arise in the best of relationships when emotional triggers are set off and they aren't handled effectively, and respectfully.

The emotional database can trigger a response that's really inappropriate, or way out of proportion to the situation. The inevitable resulting argument ends up with one or both parties feeling hurt, regret, embarrassment and even loss.

All of us carry some baggage, the type of person we have become is a combination of both our past experiences and reactions to them. Everything from the past, good and bad, has created has had a direct effect upon our emotional development and personality.

**What is An Emotional Trigger?**

As previously indicated, our life's journey has resulted in a collection of stored experiences and reactions. When referring to a trigger, it can pertain to both good and bad experiences, but more often than not it is rarely the good ones. They normally would elicit a pleasant and positive response. An emotional trigger can be a person, situation or experience but the emotion rendered to process it is usually very intense and, more often than not, exaggerated.

Typically, relationship triggers are the result of an unpleasant past experience. Some common triggers might be for example, having been cheated on or being the victim of physical and/or psychological abuse. There may be feelings of resentment or trust issues brought up in current relationships due to a "trigger" our partner has inadvertently tripped upon. Unfulfilled expectations, emotional withdrawal, and boundaries are also examples.

**Working Through Emotional Triggers**

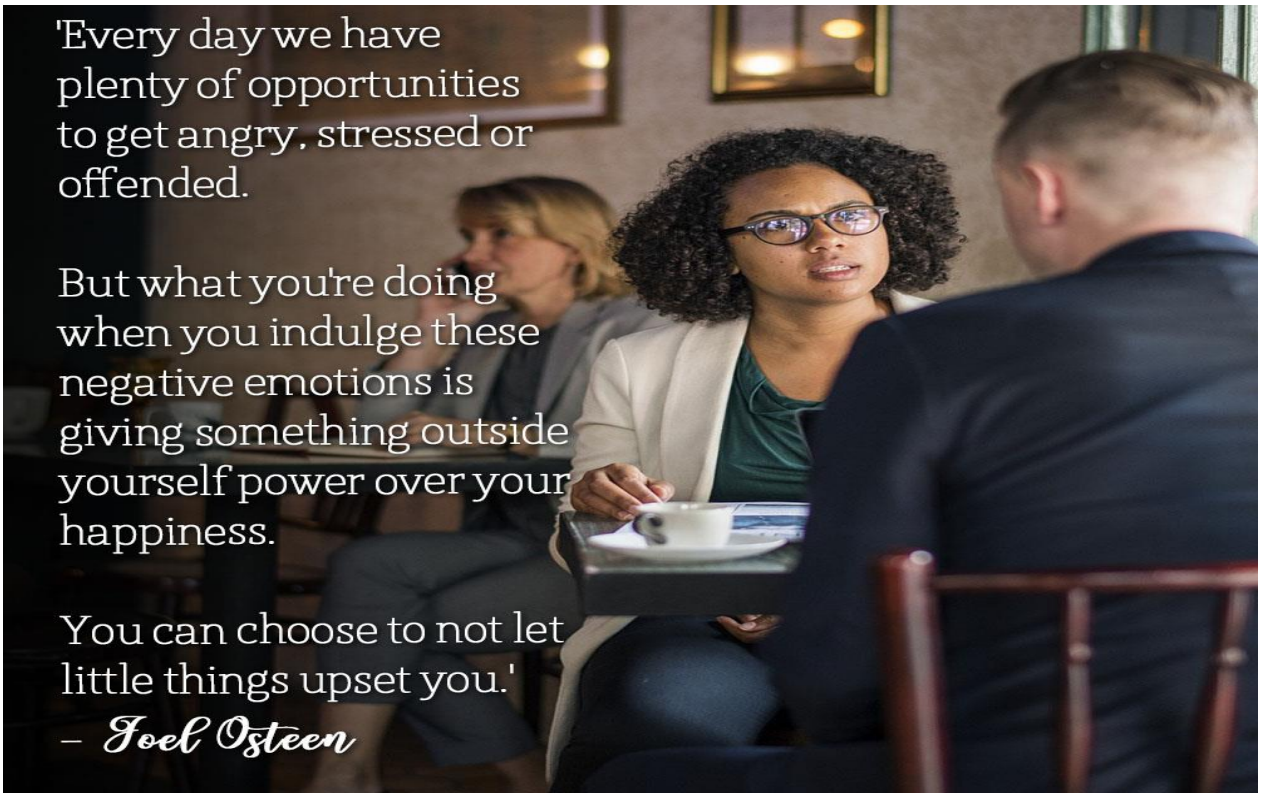
Just like the trigger on a gun, when it's pulled, it only takes a fraction of a second before the bullet is ejected at extreme velocity, with enough power to do serious damage to the intended target. That is exactly how some of us respond to emotional triggers.

It's neither healthy or helpful, to either party involved. When practiced, the following steps will hopefully, keep one from erupting and allowing negative feelings to spiral out of control, when an emotional trigger has been set off.

**Stop, Breathe, Don't React!**

To just stop, and not react to our basic instinct is no easy task, but it is a vital and necessary first step. This immediate irrational reaction, is what gets us in trouble in the first place. Teach yourself to stop this reaction in its tracks.

Take in deep breaths - inhale through your nose (Your tummy should swell out), slowly count to ten then slowly breath out - exhale from your mouth (Your tummy should be pulled in towards your spine), repeat 3 or 4 times, you should then start to feel a little calmer. If you are still overcome then leave the area. Do whatever it takes to prevent your emotions from taking control over you, or the situation. Scream into a cushion, go for a walk or chop wood, whatever it takes to avoid further confrontation.




If time doesn't allow for a calming walk in the park, try the 5-4-3-2-1- countdown method.

**Using your current surroundings, focus on the senses and:**

- Name 5 items which can be seen right now (a bird, a chair, a pencil, a phone, a tree?).
- Name 4 things which can be touched or felt (hair, desk, grass, cup?).
- Name 3 things which be heard (clock ticking, cars driving by, a dog barking?).
- Name 2 smells (popcorn in the microwave, perfume?).
- Name 1 taste (coffee?).

Obviously, no one specific method obviously is going to work for everyone 100% of the time. Try different things and find the most effective way that suits you and stops you from swiftly reacting emotionally.




***"When anger rises, think of the consequences."***

***~ Confucius ~***

**Identify the Emotion & Trigger**

Give yourself permission to recognize and validate the emotion by acknowledging it. Is it Anger? Jealousy? Resentment? or Disappointment?

Now, think back and try to recall the last time this particular feeling or emotion reared its ugly head. It might be last week or even 20 years ago, but it is really important to identify the source. Don't ever suffocate the emotion, by trying to avoid it or worse still burying it back within; that's the opposite of dealing with it, and can have potentially serious consequences, not just to those around you but to your own mental health and physical well-being.

Remember your objective, the ultimate goal here is to face the demon and extinguish its destructive power. To experience your emotions and feelings is completely natural and normal. It is what we do with them and how we handle them that makes all the difference, not just to ourselves but to those around us.

If your emotions are consistently out of control (particularly with Anger) then it is NOT the responsibility of others, it is YOUR duty to take personal responsibility for the control of your emotions. So, you must endeavour to do everything that is possible to get your emotions under control and order back into your life – if necessary, consider seeking professional help – talk to your doctor, who will certainly be able to help.

**Consider All The Angles**

Having taken steps to become emotionally calmer and under control, i.e., the type of emotion has been named, the trigger identified, and now aware of the past event that has caused this eruption of feelings to surface again. It is now time to rationally deal with the moment at hand. However, instead of jumping to conclusions, stop and really evaluate all other possibilities. You need to ask yourself questions and truly validate the answers.

For example, If the immediate thought is questions of a cheating partner, ask yourself, “Has this partner ever given reason in the past to be doubted?”, “Is there any valid reason in *this* relationship for mistrust?”

Whatever the emotion is, it is important to extinguish its power by getting to the root of the issue and destroying it. Negative emotions are like weeds. If we don’t want them to overrun the garden, we have to get rid of them.

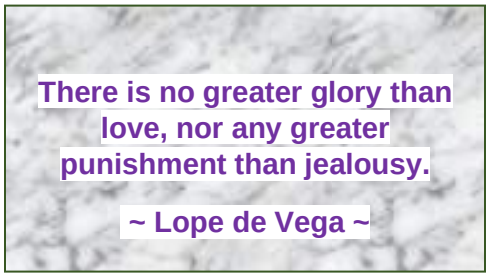


**Decide What's Needed**

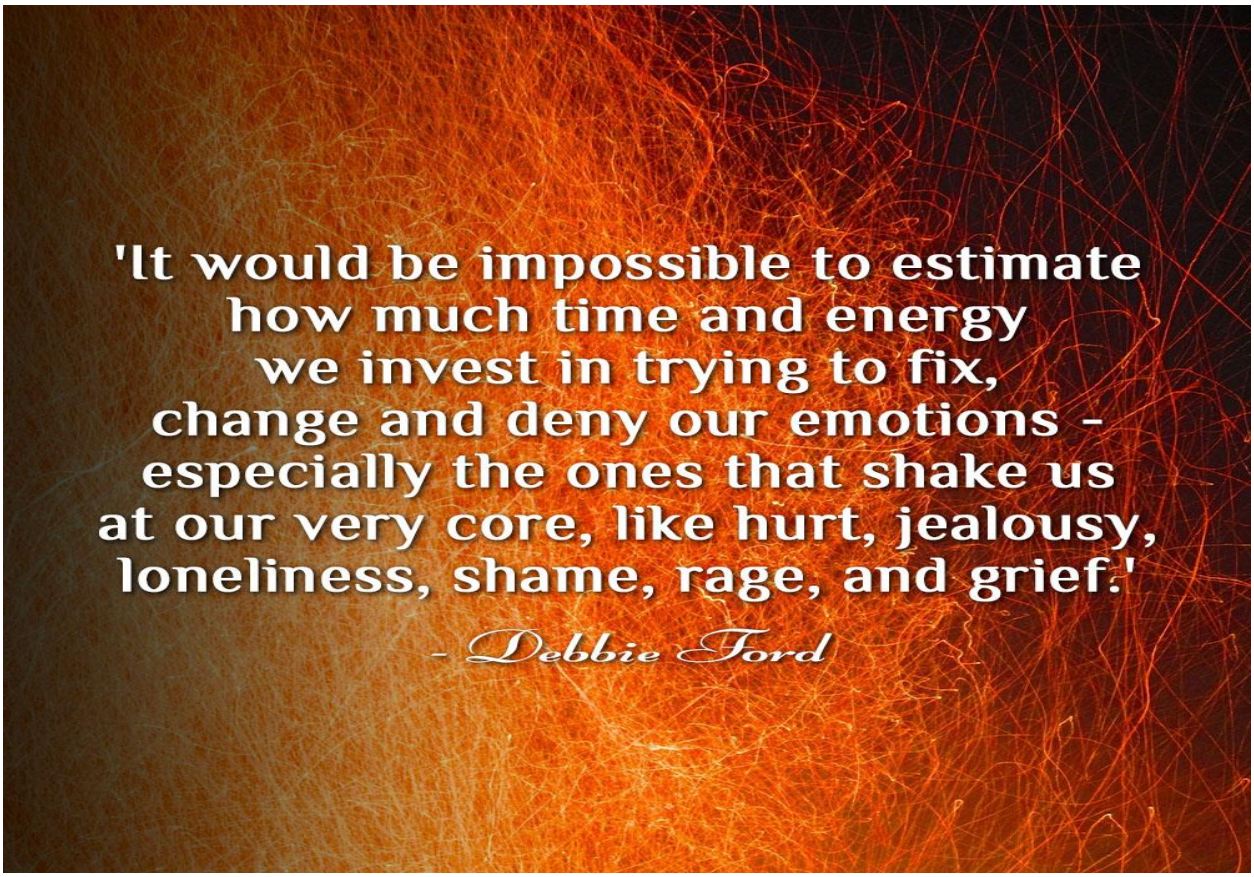
Not every emotion requires an interaction. Sometimes the answer is simply to '*Bite the Bullet*' accept and move on past it – providing that there is no likelihood of resentment. Whilst at other times, it is necessary to calmly sit down and have a non-threatening talk with your partner to get all the cards on the table. You should openly and truthfully express why this is causing so much distress and, together discuss and decide the best ways to avoid a reoccurrence. Bearing your soul and talking it through can be intimidating, but it's how people grow together and nourish a relationship. Your objective, should be to get comfortable with the discomfort of awkward communication.

**Let It Go!**

And lastly, if it becomes almost second-nature for you to consistently harp on about a passed event over and over again. You really must learn to stop and just let it go! Of course, it is human nature for us to want our partner to fully understand why this was so important and how much pain it caused. But, if you really want this relationship to grow and prosper, you really must endeavour to move on once it's been addressed.




Good relationships can be hard work at times, but they are so rewarding when people work together as a team, with mutual respect and support. Releasing emotional triggers can be quite tricky, but with patience and the right tools, they will no longer be destructive or threatening to a solid relationship.




We sincerely hope that you have enjoyed this latest article, enabling you to discover the huge benefits of good Emotional Health & Well-Being, and of course we welcome any comments or observations that you may have.

In Part Seven, we will explore together whether you may possibly be emotionally drained or exhausted! and what action can be taken, to get back on top.

In the meantime, I wish you every success on your life's journey!

*Until Next Time / ...* ***Jonathan.***