

EXERCISE TO DISCOVER WHAT OTHERS TRIGGER IN YOU

Sometimes various things from the past influence encounters with people in the present. As a result, you react differently, more emotionally, to these people than might be necessary. This exercise can help you to investigate what the other person triggers in you, so that you can react (more) appropriately.

1

Find a place where you can relax and won't be disturbed.

2

Sit on a chair with your feet on the floor and your head up; place your hands on your legs and, if you like, close your eyes.

3

Take time to observe your breathing, without thinking about right or wrong, observe how the air flows in and out; if you feel like it, invite your breath deeper into your belly, but don't force anything.

4

Observe what you hear, feel, and smell around you; observe what is, nothing more.

5

Scan your body from top to bottom, step by step, at your own pace; observe without judgment what you encounter and finish by noticing how your feet are making contact with the ground.

6

Now, imagine standing opposite the person who triggers you; observe how close or far the other person is from you, whether the other person is bigger or smaller, how the other person looks at you. Also, observe within yourself what you experience when you look at the other person; no right, no wrong, it is what it is.

7

Then, imagine turning around to look at your past; observe what people and/or situations from your past could influence your encounter with the person who triggers you. Look at each person and/or situation one by one and observe what this does to you; no right, no wrong.

8

Try to discover which feelings related to the people and/or situations from the past influence the present, but perhaps don't belong to the present: what belongs to the past and what belongs to now? Ask yourself which feelings from the past you can leave behind with the people and/or situations from the past.

9

Now, imagine turning back to the person who triggers you, but leaving the feelings from the past behind. Notice how it is now to make contact with the person who triggers you. Has anything changed, do you now look at this person differently, do you feel differently?

10

Finally, imagine saying to the other person: "I now understand what you trigger in me." Observe how that feels for you and also how the other person reacts to this; what would you like to say to the other person, what would you like to ask? Take the time to let insights emerge.

11

Wrap up the exercise by feeling once more what belongs to the past and what belongs to now; then return to the here and now and perhaps write down the insights that have emerged.