



trigger & reactivity  
bell curve

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# Trigger & Reactivity Bell Curve

1. This is your baseline. You're okay. Even if things aren't great, you're handling it. Then, you're triggered by something & your reactivity sky rockets.

Be careful! We often use unhelpful things to soothe (or to help us come down from this really uncomfortable place of reactivity). I'm talking about alcohol, sex, food, excessive exercise, numbing, avoiding, saying things we don't mean, etc. Try to avoid using your ex or partner to be the only thing that can regulate you and bring yourself down from a panic.

2. This is you activated and triggered. Don't make decisions right now!!! Don't! (To call, to break up, to show up at his house, to burn everything, etc). Instead-know that you are triggered. That's it. Do nothing else! Tolerate this discomfort for as long as you can. When you no longer can, try to soothe in these ways:

1.

2.

3.



# Trigger & Reactivity Bell Curve: Exercise

Description of what it feels like to officially "not be okay"...

