



Overcoming an Ineffective Trigger



Awareness: Identify a trigger; any behavior, action, or body language that another person might do which causes you to overuse one of your personality strengths.)

Understanding: (Trace back why you may over react. Perhaps there is a sensitivity from past work experiences, an old pattern from dealing with your parents or teachers, or other historical learning.)

Action: (Identify new actions you plan to take that would replace the ineffective ones and an avatar or guide image.)
