

# PREP YOUR SYSTEM FOR TRIGGERS

ALTER'S GUIDE TO  
SURVIVING MULTIPLE  
TRIGGERS IN ONE DAY

# STEPS TO FACING MULTIPLE TRIGGERS

WHEN YOUR SYSTEM WORKS THROUGH THESE STEPS, THE WHOLE SITUATION BECOMES MUCH, MUCH EASIER TO HANDLE.

- one: list all suspected triggers for that day
- two: cross off anything that your system can not control
- three: brainstorm how to reduce the triggers your system CAN control
- four: determine how frequently you'll come in contact with the uncontrollable triggers
- five: create a plan to reduce sensitivity to the most frequent trigger your system can't control
- six: assign alters to front with the uncontrollable triggers







