### 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.

| handle. one: list all suspected triggers for that day  |
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| 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

#### SUSPECTED TRIGGERS

LIST EVERYTHING THAT YOUR SYSTEM MAY ENCOUNTER THAT IS A TRIGGER FOR SOMEONE IN THE SYSTEM.

### **BRAINSTORM SOLUTIONS**

FOR THE TRIGGERS YOUR SYSTEM <u>CAN</u> CONTROL, WHAT ARE SOME WAYS YOU CAN REDUCE STRESS AND INCREASE

| CONFIDENCE? |
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#### REDUCE SENSITIVITY

FOR THE TRIGGER YOUR SYSTEM WILL ENCOUNTER THE MOST
THAT YOU CAN NOT CONTROL, HOW CAN YOU DECREASE
YOUR SYSTEM'S SENSITITYITY?

| YOUR SYSTEM'S SENSITITVITY? |
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## ASSIGN FRONTING ALTERS

WHO IN YOUR SYSTEM CAN BEST FACE THE TRIGGERS? MAKE SURE TO COME UP WITH A BACK UP PLAN IN CASE THEY

CAN'T EPONT

| CAN'T FRONT. |
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