

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

SUSPECTED TRIGGERS

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

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BRAINSTORM SOLUTIONS

FOR THE TRIGGERS YOUR SYSTEM CAN 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 SENSITIVITY?

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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 FRONT.

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