

**HOW TO
PREPARE
FOR A
TRAUMA
TRIGGER
WHEN
YOU HAVE
DID**

FIND TRIGGERS

THE FIRST STEP TO PREPARING FOR A TRAUMA TRIGGER IS TO KNOW WHAT THE TRIGGER IS AND WHO IT WILL BE EFFECTING.

- make sure that no one else in the system will be triggered by the same thing
- imagine the upcoming event to find other potential triggers
- communicate with your system which alters need to be protected

ASSIGN ROLES

AFTER YOUR SYSTEM HAS FOUND ALL OF THE UPCOMING TRIGGERS, IT'S TIME TO DECIDE WHO WILL DO WHAT WHEN THEY COME UP.

- pick at least one alter that will be able to be with the vulnerable alters inside of the headspace
- assign one alter to check on and comfort the alters that do get triggered
- decide who is going to face the trauma trigger externally

WHO SHOULD FACE A TRIGGER?

WHEN FACING A KNOWN TRIGGER, YOUR SYSTEM WILL IDEALLY HAVE AT LEAST THREE ALTERS IN YOUR SYSTEM THAT WILL BE ABLE TO DO THE FOLLOWING:

- not be in any known danger of being triggered
- be completely capable of being safe externally
- be completely capable of handling the task necessary
- have done it before

if no one meets all of these requirements, always prioritize safety!

COME UP WITH A PLAN

REVIEW WHATEVER NEEDS TO BE DONE BEFORE THE EVENT, DURING, AND AFTER. MAKE SURE TO COME UP WITH AN INTERNAL AND EXTERNAL PLAN.

BEFORE INTERNALLY:

BEFORE EXTERNALLY:

DURING INTERNALLY:

DURING EXTERNALLY:

AFTER INTERNALLY:

AFTER EXTERNALLY:

COME UP WITH A BACK UP PLAN

IN THE EVENT THAT SOMETHING DOESN'T GO AS PLANNED,
WHAT CAN YOUR SYSTEM DO TO STAY SAFE? BRAINSTORM
YOUR PLAN B AND C HERE.

BEFORE INTERNALLY:

BEFORE EXTERNALLY:

DURING INTERNALLY:

DURING EXTERNALLY:

AFTER INTERNALLY:

AFTER EXTERNALLY:

EMERGENCY EXIT STRATEGY

IF ALL ELSE FAILS, IT'S ALWAYS GOOD TO HAVE AN EMERGENCY EXIT STRATEGY. THIS IS SOMETHING YOUR SYSTEM WILL USE IN THE EVENT OF SOMETHING LIKE A BUILDING PANIC ATTACK WHEN NOTHING ELSE IS WORKING. HERE ARE SOME STRATEGIES WE'VE USED BEFORE:

- having to use the restroom
- having a headache
- surprise deadline at work
- spouse really needs you to take care of something
- forgot to take care of something important

****PRO TIP: NOTHING IS MORE IMPORTANT THAT YOUR SYSTEM'S SAFETY. IF THE SYSTEM NEEDS TO GET AWAY AND REGROUP, THE BEST THING TO DO IS TO HONOR THAT. WHILE LEAVING MAY BE INCONVENIENT OR EMBARRASSING, DAMAGING YOUR SYSTEM'S TRUST IS MUCH WORSE. ALWAYS PRIORITIZE THE SAFETY OF YOUR SYSTEM.**

THE "DAY OF" REVIEW

NOW THAT YOUR SYSTEM HAS ALL OF THEIR PLANS IN PLACE, IT'S TIME TO REVIEW THEM. YOU WANT TO MAKE SURE EACH ALTER UNDERSTANDS THE OVERALL GOAL AND PLAN. THIS WILL MINIMIZE ISSUES IF "THE WRONG ALTER" ENDS UP BEING PULLED TO THE FRONT.

- review the plan with each alter at a team meeting
- check to see if anyone has thoughts or concerns
- add something lighthearted to the meeting to lower anxiety
- do a practice run with visualization

****PRO TIP: IT'S A GOOD IDEA TO HAVE YOUR PLANS WRITTEN DOWN AND KEPT ON THE SYSTEM'S BODY EITHER IN THEIR POCKET OR PHONE. THIS WAY, NO MATTER WHAT HAPPENS, THE FRONTING ALTER WILL HAVE ACCESS TO THE PLAN.**

REVIEW HOW IT WENT

THIS IS AN IMPORTANT STEP! IT'S VERY EASY TO BRUSH EVERYTHING OFF ONCE IT'S DONE BUT DO WHATEVER YOU CAN TO MAKE SURE YOUR SYSTEM REVIEWS HOW THINGS WENT. THIS WILL HELP:

- your system to better plan for future events
- any triggered alters to know that their system cares about them
- everyone to feel valued and to know they're important
- build a team atmosphere

****PRO TIP: IF THE EVENT IS REOCCURRING, BE SURE TO JOT EVERYTHING DOWN FOR NEXT TIME. NO NEED TO REINVENT THE WHEEL!**