

The Limitless Experience Podcast  
How to deal with being triggered  
Transcript

Suzy: [\(00:02\)](#)

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Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

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Hello hello hello. You gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And today I wanted to talk to you about triggers, triggers, triggers, triggers, triggers, triggers. If you are at all into the personal development world. And if you're listening to me, my guess is that you are just a wee bit, then you will definitely be familiar with the word triggers. And I think that it is something that frequently we know that it is a goal to overcome. I want to be trigger free. Why am I still being triggered by this? I've done the work. Why am I still reacting? That's what that phrase really means. It is the acknowledgement of when something happens, I react, and I react so quickly that I can't even catch it. And I suppose this is a bit of a confessional. I want to acknowledge publicly just how freaking triggered I get so frequently. And up until recently, I used to beat myself up about it. And I think it's because I know to many people, I will come across as super Zen and calming and grounding. And 99.5% of the time in my working environment, I am those things, I'm paid to be those things.

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And I know that it is super important when a client is all up in their head and stressing out. The last thing that they need for me is, for me to meet them where their mind wants to go, which is certain death, I'm in survival mode, nothing is working out for me, I am completely stressed and sometimes I'm completely stressed and it's all your fault. If I am triggered by that behavior or that projection, it's game over. I no longer have a safe space for that person to work within and through their stuff. And that is not acceptable as particularly in a group coaching environment, because if I were to be triggered by any type of behavior like that, it doesn't only impact the person that I am dealing with, but it impacts everybody else who sees and observes that behavior. And the container is no longer just not a safe space for that person, but it's also unsafe everybody else.

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And I am not sure why, maybe it's just my training. I come from a hypnotherapy and a psychotherapy diploma background. That is where I learnt my ability to ask questions, which is essentially what a good coach will do. Ask great questions. And then for somebody like me, who is also a consultant it's to have the strategy, be able to tell people what they need to do next, in order to make sure that you've got the practical piece, the practical elements alongside the internal stuff that is going to be slightly different for every single client, because we are all slightly different human beings. Anyway, in a paid for environment, I am really good at not being triggered. And the times where I do get triggered that 0.05% of the times where I do get triggered. I'm very good at holding that until I'm in a safe space.

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And I'm able to communicate that trigger to my coaches, to my peers and network in order to work through that at home, personally. Oh my God. It is sometimes not all of the time, but certainly way more than I would love to really have you know, I am triggered much more than I would like to be. And I think that this is coming to the forefront because I'm writing my new book, which is all about freedom and whilst we're talking about financial freedom and environmental freedom, the big one is about internal freedom. And for me, internal freedom is a big part of it at least, is about being free from the triggers, free from reacting, free from being pulled into somebody else's pain or projection, and then taking it on board. And I think that, as I say, I wanted to share this one for accountability to say, I am definitely in the work, but also to, sometimes when you say it out loud, it's like, oh yes, this is, this is the step.

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This is the thing that I get to do. Not just over here at work, but over here in my personal life. And for anyone who's got children, you will know that children are the best at triggering you, children and partners. They know the buttons to press. And I think where I am at right now is that I don't always react. I mean, definitely more than what I want to, but not always. But even in the nonreactive states, there's an internal dialogue that's going on. There's an internal response, even if I'm not saying it externally, and for me, there's a little bit of cheating that's going on there. Like I am not winning the battle with the trigger if I'm just silent, if I'm silently seething about what's been said. And I think that the biggest difference between professional Suze and personal Suze is there is a level of acceptance about my role and what it is that I know that I can do on a professional level.

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And when I am bringing it and I am met with hostility or frustration or, you know, just somebody's stuff, it's really easy for me to take a breath and ask a question. Personally, the difference is when I'm met with hostility or a projection, often my mind goes straight into the place of wanting to defend my position. And so, and that's the key difference. It's acceptance of what is and where somebody is, and

defense. And often for me, what a defense looks like, is attack. Come on, then come on, have a go. If you think you're hard enough, I'll take you down. I don't ever use those words, but it is the practice and the capacity and the willingness to accept, even when I have messed up. And this is the big thing, even when I have messed up, to be accepting and to acknowledge and to say, ah, yeah, I made a mistake rather than defensive and protecting myself because I'm worried about my survival.

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I'm worried that they're going to perceive me in a bad way, and I want to manipulate to how they perceive me. I want to come. I just want to shake off any feeling of not enoughness, which I am, my head is telling me is coming from that person. And the truth of it is the words that are hitting and causing pain, they're causing pain because they're vibrating with some kind of belief that is within me, that their words can make me feel or be less worthy than I am. Whereas in a professional situation, especially in a coaching situation, it changes a little bit when we're out of that dynamic, but certainly within a coaching scenario, I'm very clear on my value. I'm very clear on what I'm bringing to the table and it's taken a while to get here for sure. And as I say, this is 95.5% of the time, and occasionally of course, something will happen and I'll be knocked off center.

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And I feel very, very grateful because of the tools I have and the work that I do and the work that I teach, it is easy for me in those scenarios to find my center. And so what are my top two tips for working through this for myself, when my kids get home? I think actually it's more than two tips. I think the first thing, and this is on going daily work, is to tune in and get quiet and see how much spaciousness you can find in between the thoughts, because it's in the spaciousness, that you will feel your wholeness, your completeness, and it feels really divine. It feels really, really beautiful. And the stunning thing about that feeling is that it's coming from you, your wholeness, your completeness, your divinity. And I think that the more a person is able to tune into that, just the easier it becomes to be less reactive, full stop.

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And so that is step one, taking time to tune into the gaps in between the thoughts also known for some people, as meditation, you know, and when you're in that state, really allowing your attention to tune into how your inner body feels, even when I am talking, you know, just now within the pause, I got to tune into my own body and feel the energy in my feet and legs. And it felt really good. And it's the first time I've done that today outside of my actual meditation practice, the quality of my day would definitely improve infinitely more, if I remembered to take a moment to tune in and feel into the spaciousness in my inner body. So that's the first step. The second step is to notice, to notice when somebody says something that hurts, you're going to feel it in your body.

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And I think that that's why the first step of this practice is so important because it gets you used to feeling and acknowledging what is going on with your body. And we spend way too much time in our heads, our mind dictating how we respond and actually the wisdom of the body and connecting with that, the body never lies. Your mind, your brain does all of the time, but the body never lies. So tuning into your body and asking yourself, what is it that you notice, that is really powerful, super powerful. And it's interesting in a professional setting, I don't need to do that so much because I'm really clear that I am a space holder. It's not about me in that professional setting. Personally, I forget that really every interaction could be a space holding scenario, if I desire it to be, where I get to hold the space for another person whilst learning, observing, receiving from them and the lessons that they have for me in that day, whether it's conscious or unconscious, it could always be that, if I set that intention. I don't always, I rarely set that intention.

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Having said that moving forward, we're going to practice. We're going to play. But in the meantime, your capacity to tune into your body and just tag, what is it that has been activated, before you speak, before you react, really, really powerful. And then rather than responding, rather than reacting, breathing through the feeling. So really acknowledging the feeling and then using the breath to breathe through it until the feeling is dissipated. Great. And perhaps you can't do that all right there in that moment, perhaps that's completely inappropriate. However, to be able to say to somebody, this is interesting, what you have just said, after you said what you've just said, I feel X. So rather than me responding from that place, I want to come back and let's talk about this later. Talk about this another time. And then whenever it is appropriate for you, tuning into the body, finding where that feeling is living and then breathing through using the breath to reduce, to dissipate, to breathe through that feeling or emotion.

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So, so, so powerful. And this technique is very, very similar to something that I used throughout the whole of April when I had my biggest month, you know, when I was able to receive over 267,000 pounds in cash through the business, this was one of the techniques and I wasn't using it with triggers in the moment, but I was using it to tune into what am I holding on to physically and emotionally right now about X story that happened when, it's a very, very useful technique. So number one, tune in to your body on a daily basis, looking to feel into the gaps in between the thoughts, and then notice how your body feels, notice what your energy is like within your body. Step number two, when you feel triggered before you speak, identify what is the emotion that I'm feeling? What is the feeling that I'm feeling?

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And then tag it. I am feeling X, and then rather than react or respond in the moment, you can let the person know, hey, this has come up for me. I would love to talk to you when this has passed. I would love to pick this up later. I want to speak to

you about this, then be very, very clear and then use the breath to breathe your way through the feeling, through the emotion. Use it. It's a super powerful tool and I will let you know how I have been getting on with this on a personal level, in a few episodes time. Okay. Thank you so much for joining me. It is always a pleasure, never a chore. And remember that faith plus action equals miracles.

Faith + Action = Miracles