

The Limitless Experience Podcast
How To Deal With a 'Triggering' Situation
Transcript

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

Somebody says something and you feel the hairs on the back of your neck prick up and if you're a cat, the eyes would be slit, the paws would be up and the claws would be out.

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 beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And it feels like a little minute since I have recorded any episodes for you so I am excited to be back in front of the mic with a quick and dirty episode for you today. I want to talk to you about when you get triggered and my number one tip for dealing with a triggering situation. It's so interesting. I have a love-hate relationship with this word right now. It seems that if the words 'trigger' and 'safe space', they trigger me. I'm looking for a safe space. I'm looking for a safe space.

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The reason that this triggers me, and this is not to be, flippant or uncaring or unsympathetic to people who have had really traumatic situations in their life. And therefore, when people act in a certain way or say certain things, they feel unsafe. Like I really understand that. And as coaches and as a mentor, it is definitely important to me to create environments where people feel safe to be themselves speak in their voices, you know, allow themselves to be divinely self-expressed and feel comfortable. And my issue with the words triggered and safe space is that I actually think that they're frequently being used to silence people. There we go. I said it, oh my God. Strike me down. Yeah, it's true. Now, whilst this podcast isn't about that, although I think that it would be a really juicy conversation to have with somebody, it frustrates me that people use those words in some cases, in order to relinquish taking radical responsibility for their own emotional intelligence.

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Oh goodness. I've done it again. Can you believe that I allowed that to come out of my mouth? God strike me down again. You know, it is in this day and age and in this time, what I see happening, which I think is really destructive in many, many places,

is that if somebody has a differing perspective or experience to another person that another person might find challenging to their viewpoint, or might find challenging to their experience, what happens is because the other person feels triggered, the person who is doing the triggering when they are not intentionally looking to create harm in any way, shape or form, but essentially they're shut down. And what that means for many spaces in the online world I am seeing is an echo chamber of people who all speak exactly the same language, who all have exactly the same opinion and are all only able to speak from exactly the same experience. And unfortunately, that is not the real world.

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Being able to be in the same space as somebody who fundamentally has a different lens of the world. Somebody who has completely differing opinions, who may even have different values to you, and still be able to know that your safety comes from within, in these conversations. We're not talking about situations where, you know, somebody is literally in physical harm. We're talking about conversations and in a conversation where you are not being attacked, but somebody has a different viewpoint from you, your safety from this perspective is not in danger. And so I find it frustrating, the increasing use of these words to shut down meaningful conversation, which is absolutely required. Especially now we have to be able to listen and communicate powerfully with people who have opposing views to us if we are ever going to be able to create a cohesive society. And a cohesive society, the type of society that I wish to bring my children up in is a society that is tolerant and is able to have difficult conversations. And I feel triggered. And this isn't a safe space, frequently stops that from happening. So that being said, what happens when you are triggered, you're having a one-to-one conversation and you feel yourself. Somebody says something and you feel their hairs on the back of your neck prick up. And if you're a cat, the eyes would be slit there. The paws would be up and the claws would be out, yeah.

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You say that again. What happens when you feel that internal shift happening within your body? This is my number one tip. And I share this from a place of being triggered the other day and not doing this, feeling the trigger. And instead of doing what I'm going to advise you to do, what I actually did was go into defense mode. I looked to defend and protect my position, which is as helpful as saying, you need to be quiet because you're triggering me. That's not helpful for me to defend myself because when we go into defense mode, what happens is the other person tries to prove their point even more. No, but you're wrong. No, no, no, no, no. I'm not wrong. You're wrong. No, no, no, no. I'm not wrong. You're like, that's, that's how the argument starts. What I should have done in that moment is stop and say, I feel triggered.

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And I know that any way that I respond in this moment in time is not going to be helpful for us to move forward. I know that you have many more points that you

want to express. And I know that I am going to be able to receive what it is that you desire to say so much more effectively once I have calmed down. So I would love to pick this conversation up in an hour, in 24 hours, on Tuesday. Be very specific about when you're willing to pick the conversation back up and let that be your response. Now understand, because as I'm speaking, I'm thinking somebody said this to me before. And what they said was I'll speak to you in a week, which wasn't helpful for the context of the conversation and what needed to be actioned. Leaving things for a week was a delaying tactic rather than a helpful coping mechanism for not responding negatively.

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How do I know this? There's a fine line and leaving an open loop is not helpful energetically for either party, but choosing a, choosing to calm down so that you can really receive what the person is saying and not be in reactive mode is very different from, from stalling and leaving an energetic open loop. So when you can be super specific and say, look, I'm just going to react. So let's come back to this 24 hours is useful often, sometimes depending on the nature of the trigger, it might be 48 hours, but if you can be specific, be specific, but my biggest tip for dealing with your trigger is to take a break, pause the conversation, the moment that you feel yourself, defending your position, you need to stop because you're moving into an argument, which is no good. I'm not asking you to shut down.

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I'm asking you to pause and I'm asking you to be clear in your communication about when you know that you're going to be willing and able to pick things up again. So this is my top tip for you today, and I want you to use it in your business. I want you to use it in your life, and I would love for you to tell me how that works for you. Thank you so much for listening. If this was helpful, please share this. Tag me on the gram and I will see you or at least be in your earbuds for the next episode. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles

Shownotes

I have a love-hate relationship with the word 'trigger' right now but here goes.

When you come across something that is triggering you, responding negatively or being in reactive mode is no good. That is how arguments start.

In this episode I share my number one tip for dealing with a triggering situation effectively so you have a helpful coping mechanism you can bring into your business and your life.

Highlights

- [01:39] Why I have an issue with the word trigger
- [04:05] Having conversations with people who have opposing views
- [06:25] This is what I advise you do and don't do

Quotes

- "As coaches and as a mentor, it is definitely important to me to create environments where people feel safe to be themselves, speak in their voices, and feel comfortable."
- "In the online world I am seeing an echo chamber of people who all speak exactly the same language, who all have exactly the same opinion and are all only able to speak from exactly the same experience. And unfortunately, that is not the real world."
- "Especially now we have to be able to listen and communicate powerfully with people who have opposing views to us if we are ever going to be able to create a cohesive society."

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You can read the transcript here.

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Waveform social post

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Check out episode 174 of the Limitless Life Experience podcast and subscribe [HERE](https://apple.co/3uKcol8)
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Blog

If you want to check out Episode 108 of The Limitless Life Experience Podcast, where I talk about this subject more – [you can head here.](#)