

Understanding Activations/Triggers

What happens when your Maladaptive Core Beliefs have been activated?¹

- Thoughts become irrational
- Feelings become unmanageable
- Actions are self-defeating

Self-defeating responses to one's Maladaptive Core Beliefs' being activated²

- Fight: Overcompensate/Counterattack
- Flight: Escape
- Freeze: Surrender to the maladaptive core belief

Activation Management³

- Acknowledge it to yourself
- Self-talk/replace core belief with its opposite
- Call someone who understands
- Meditation/prayer/Devotional Readings
- Spirit (True Self) in place of Ego
- Natural mood elevators
 - Spend time in nature
 - Exercise
 - Self-care
 - Pamper yourself
 - Hot bath or shower, massage
 - Women: Go to a Spa, Mani/Pedi
 - Men: Go to Sports Clips or an upscale barber shop
 - Engage in a hobby
 - Perform an act of generosity or service
 - Humor!

¹ Tammy Bell, LCSW, Personal Communication

² Young, Klosko, Weishaar, *Schema Therapy*

³ Bell, *Ibid*