

# TRAPPED IN REACTIVITY & SELF-BLAME?

## 3 things to know about your brain

You come home from an incredibly rough day at work. You walk in the door and can barely walk across the room because of all the junk left everywhere. You snap, then yell at your partner or kids, or grab that tub of ice cream and head for your room. Later you are filled with shame and wonder why you don't have more self-control.

- 1. When we have been triggered by something our more primitive brain is running the show and getting relief is goal number one. There is no awareness of the consequences of our actions or self-control.**

You just watched the news and learned that the fire danger is high in the wooded area where you live. You are filled with fear. You feel driven to do something, and you can't figure out what to do. The harder you try to figure out what to do, the more scared you get.

- 2. When our nervous system has detected a threat, it changes the functioning of our brain. Thinking could get us killed if our lives were in danger, so those abilities are inhibited.**

You ended a relationship or hung up on someone in a moment of anger and felt so sure that it was absolutely the right thing to do. Later you regret it—maybe feeling guilty and embarrassed, wondering why you acted so childlike?

- 3. This is what is so tricky about our perceptions when we are triggered. In the moment, we are so sure of ourselves. We have no awareness (without practice) that we have lost access to our higher cognitive abilities or what I refer to as our adult capabilities—we are left with the capabilities we had when we were much younger.**



Want to learn more? Check out my course [“Triggered and Trapped”](#)