

## THINKING ABOUT THE WORD & ALTERNATIVES FOR

# "TRIGGER"

THE WORD 'TRIGGER' HAS BEEN FREQUENTLY USED & IN SOME CASES OVERUSED OR DILUTED. IT CAN ALSO MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE & WILL VARY DEPENDING ON THE CONTEXT

I AM MINDFUL THAT FOR SOME PEOPLE THE WORD 'TRIGGER' CAN BE USEFUL & HELPFUL, & FOR OTHERS, IT CAN FEEL LIKE IT HAS BEEN OVERUSED IN EVERYDAY LIFE & ON SOCIAL MEDIA, BUT ALSO FOR SOME IT HAS CONNOTATIONS & ASSOCIATIONS WITH GUNS, WAR & VIOLENCE

PEOPLE SHOULD BE ABLE TO USE THE WORD OR TERM THAT RESONATES FOR THEM. HOWEVER, SOME PEOPLE PREFER DIFFERENT TERMS TO 'TRIGGER' OR HAVING ALTERNATIVES OR CHOICE

I AM LED BY THE PERSON, & THE TERMS THAT FOLLOW ARE BY NO MEANS EXHAUSTIVE BUT ARE A SMALL SELECTION OF SOME OF THE WORDS OR PHRASES WHICH MIGHT BE PREFERRED BY SOME PEOPLE. THESE INCLUDE:

BEING  
**ACTIVATED**

THINGS BEING  
RESURFACED/  
STIRRED UP/  
TAPPED INTO

**HOTSPOTS**

BUTTONS  
BEING  
**PUSHED**

THORNY, SPIKY OR  
TENDER MEMORIES.  
PARTS OR EXPERIENCES

THINGS THAT  
**BUG ME**

**STORM**  
STARTERS

FALLING DOWN  
BEING TRANSPORTED  
OR BEING  
CATAPULTED

CHAIN OF PAIN

**JELLYFISH**  
**ZAP**  
MOMENTS

A TIME  
**HOLE**  
OR PORTAL

A **TRAUMA** — RESIDUE  
— RIPPLES  
RESPONSE — ECHOES

& MANY OTHERS..

- WHAT ELSE WOULD YOU ADD?
- WHAT DOES IT MEAN OR LOOK LIKE TO YOU?

IT IS ALSO IMPORTANT TO CONNECT WITH GLIMMERS, WHERE THINGS CAN TAKE US, FOR EXAMPLE, DOWN A FEEL GOOD, JOYFUL & HAPPY TIMEHOLE; & RESURFACE 'POSITIVE' MEMORIES, SENSATIONS & FEELINGS

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