



# The Trigger of Others: How to Use Tapping to Bring Peace to Strained Relationships

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## The Significance of Emotional Triggers

Emotional triggers are markers for us to show us where we need healing in our life. So instead of feeling a contraction around them (like oh something is wrong, something is off) instead pause and invite them in to know that this is a place where we want more healing for our evolution. You are on the spiritual path or on a path of sorts to move into the highest version of yourself. Look at it as a place where there's more work to do and a place to have compassion. There's a vulnerability to invite it in as such.

**When we feel ourselves being triggered by a relationship, by what someone said, what's the first thing that we can do?**

### 1. Excuse Yourself

First off, know that the solution isn't what *the other person* is doing, saying, or being. It is highlighting this space that needs healing within *us*, right? So it's taking the focus off of them and the behavior, and putting it back on us. And it's hard to solve a problem in that moment, or it's hard to solve a trigger in that moment, when we're face-to-face with it. So certainly, when emotions are elevated, find a way to exit. There's a few things you can say in that moment when things start escalating with someone or you're feeling that trigger happen (described further below). You can just excuse yourself, you can leave ungracefully, because that's better than the alternative of saying something you might regret.

### 2. Find a Space

Get to a quiet place to be able to regulate yourself and tap. That's a really quick way to get back into alignment and move into that better, higher quality of relating with another person.

### 3. Plan Proactively

It's okay to sit with someone ahead of time and say, 'Look, I'm working on myself. When this



thing keeps coming up for me, I might exit the conversation, and please don't take offense to it. It's just I'm working on being better so I can bring more to the table.' And sometimes if we have a partner or we have a family member who is on that same page, that's doable to do that. Sometimes you can't get out ahead of it, ahead of time. But I think that's always a nice thing too, and I'm sure your partner would like that as well, would appreciate the respect that you're extending to them. You don't want to say anything that might hurt them or go into old patterns of behavior with them.

Then if there's not that evolved partnership, I have also recommended people to just say, 'I've got to go to the bathroom,' or, 'I just have to take this call.' Or, 'You know what? Let me get back to you. This isn't going well.' Then just walk away. It's just knowing the highest priority and intention that you're bringing to this is your evolution, and not in focusing on what they could do better. It's about exiting and creating a strategy, or these tools, that you can move into when things are digressing.

### A Tapping Experience

This is a script that you can use when you're in the midst of a triggering situation and you remove yourself from the situation. Or use this prior to having a conversation with someone that you know will bring up emotions for you.

You can think of an experience you've had in the past, or think about what it would be like to talk with someone that brings up these negative emotions for you. Let's notice where the tension is, and we'll give it a number, from zero to ten, ten being the most intense. Let's imagine ourselves in that situation with the person and the feeling that you have (that heightened anxiety, overwhelm, stress, anger). That's your baseline of where you are before we start this process of tapping.

Write your number here: \_\_\_\_

Take a nice big breath in. And let it go.

We're going to start by tapping on the karate chop point.

Side of Hand Even though I'm feeling really upset about this person  
I know how I feel  
And I honor how I feel  
And I give my body permission to relax



Even though I'm feeling really triggered and overwhelmed  
I accept how I feel  
And I breathe deeply  
Even though I'm upset with how this interaction went  
I accept myself and how I feel

Good, and now we'll spend some time giving a voice to that frustration, so let's move up to the eyebrow and start tapping on the eyebrow.

Eyebrow      All of this frustration  
Side of Eye    It's not fair  
Under Eye     How they're acting is wrong  
Under Nose    I feel really triggered  
Under Mouth   I am mad at them  
Collarbone    And I'm a little mad at myself  
Under arm     For letting them get to me  
Top of Head    I am really upset

EB      This conflict has left me feeling angry  
SE      I feel upset  
UE      It feels unfair  
UN      And I feel all of this tension in my body  
UM      I'm still fighting with them in my own head  
CB      It's hard to think of anything else  
UA      I honor how hard this has been  
TH      It's safe to begin to relax

EB      Even before anything changes  
SE      I can experience more peace  
UE      Even before this conflict is resolved  
UN      I can begin to feel more centered  
UM      By giving my body permission to relax  
CB      I take a step back  
UA      And become more curious  
TH      What does this experience remind me of?

EB      What am I really feeling?  
SE      Is it anger, sadness, jealousy, or disappointment?  
UE      I'm open to getting clear



UN I don't need all the answers now  
UM But I stay open to them  
CB As I let my body relax  
UA I am safe  
TH I am open to peace and clarity

Good, now take a nice deep breath in. And as you exhale, notice how you feel. If any ideas or thoughts came up as you tapped, take note of them, write them down.

Rate your intensity again on a scale of 0-10 here: \_\_\_\_

If you did not feel as much of a shift as you'd like, you can repeat this meditation until you feel the desired relief.

### **How do we create Tapping scripts for our specific needs?**

You can pretend that you're talking to a friend and tell him/her what this reminds you of while you tap. That's a great way to come up with your own script around your tapping. And the more specific you can be, the better. So that's a great way to gain some momentum with tapping. A lot of people feel afraid of the words that accompany tapping, like how do I find out all the phrases I need to say? Don't feel afraid. The phrases will come easily because you know the story. You know your story, right?

As you give yourself permission to start telling it, you're releasing that as a secret keeper, as a storyteller. You're releasing the feeling of keeping it in, and you're tapping at the same time. It can't be underestimated, the power of doing that.

### **Tapping and the Subconscious**

I have an incredible respect for the subconscious mind. It dictates 95% of our life, which is a little overwhelming when you think that. We have a conscious mind, which is like right now, as you're reading this. And then you have a subconscious, and the subconscious can override the conscious mind, and most times it does. It short circuits the conscious mind.

Which is why hypnosis and tapping work really well together, because the subconscious hides things away and it releases them when it feels good and ready to do so. There are a few ways to take the top off of the box of the subconscious, and that's tapping. It does some-



thing with the subconscious that it can release. That's where I do feel like every idea we have around money, power, love, is stored in the subconscious. And it's not always serving us.

### **There is someone else in this relationship that's not willing to tap, not willing to make a change. What do I do?**

It's never about the other person. We bring the focus back to us because, truly, we can't change anybody. They are who they are, and the more we can get right with that and know that they're just highlighting and activating that, things within our own selves, that gives us freedom. Freedom to let them be them and stay in our own lane. Remind yourself that who we choose to be in that relationship with is what we really have control over.

### **Change the Way You Look at Triggers...**

It's important to bring curiosity around triggers. So we're making a trigger sound like this, oh my god, I'm triggered! And it's like, what about if we just brought some levity to it? What about if we just brought some curiosity? Instead thinking, oh wow, it's having this new perspective around a trigger. Or just this is who I am.

So it's like extending that respect. Because again, these are coping skills that we've picked up over time. It's ways our subconscious has agreed is the way which we need to walk through our life with. And it has worked. It has worked until it doesn't anymore. Really, that's the truth. So it's extending that, hey, what have you got to say old friend? There you are, there's my anger. There's my selfishness. Instead of trying to suppress it.

It's like the whack-a-mole. It's better just to be in it and have a conscious agreement with it. Having that curiosity. So you're not focused on what they're saying and what they're doing. You're like wow, look, it's coming up for me. I'm feeling that feeling again. So you can even start to notice it and have a curiosity of like wow, what is this about? Why am I feeling this again?

Oh, there it is, that friendship, I want to say. Or that acceptance around coping skills, coping tools, character defects. But it's more just character liabilities, if you will. I think that curiosity and self-love, gentleness, is always going to be the way through. It just is.



And instead of using the word “trigger,” I love the word “activated” because it implies there’s something that’s percolating inside, rather than a trigger, which is a reaction. You want to have a response, rather than a reaction to it.

### A Tapping Experience

Let’s tap around the fear or worry about going to a family event, knowing that someone might say something that will really bother you.

Think about what it feels like. Think about a past time that you’ve had this experience, and play that movie in your head. Remember how you felt, what you saw, what you heard.

Let’s figure out on a gauge of zero to ten, ten being the highest level of intensity. Give it a number, and then we do a nice deep breath in, let it out. Just imagine. Imagine yourself going into that experience within that family experience that makes us feel that way, or makes us feel anxious.

Give yourself a rating of 0-10 here: \_\_\_\_

We’ll start at the side of the hand.

Side of Hand Even though I’m feeling really anxious about going into this family environment  
I honor how I feel  
And I give myself permission  
To relax  
Even though I’m feeling really stressed out about seeing all these people  
I accept how I feel  
And I breathe deeply  
Even though I’m anxious about how this interaction might go  
I give myself permission to feel whatever I feel  
And to move myself into alignment

Eyebrow All of this anxiety  
Side of Eye It feels really overwhelming  
Under Eye I don’t know what’s going to happen  
Under Nose And I don’t like not knowing how it’s going to turn out  
Under Mouth It could go really badly



Collarbone I might really make a fool of myself  
Under arm They might trigger me  
Top of Head And I'm going to feel off my center

EB I really don't want to lose my junk  
SE I really want to be calm  
UE I'm choosing to take a deep breath in that moment if it happens  
UN It's easy for me to exit  
UM And quiet myself  
CB I take three deep breaths  
UA And I give myself permission to relax  
TH I can't control what anyone else does

EB All I can control is my reactions to them  
SE And even then sometimes I'm powerless  
UE But there's things I can do  
UN And they work for me  
UM And I trust the tools in my toolbox  
CB I can excuse myself  
UA And take three deep breaths  
TH And write out my feelings

EB And use my tapping  
SE And bring myself back into my center  
UE Because I accept myself with all my triggers  
UN And I love who I am  
UM I accept who I am  
CB And that feels good  
UA I will not abandon myself  
TH I am here for myself

EB I am my own best friend  
SE And I look out for myself in every situation  
UE Even with my family  
UN I have my own back  
UM And I am safe  
CB I am loved  
UA And I am here for me  
TH And all is well



Good, take a nice deep breath in, and out.

Great. Now how do you feel? Give yourself a rating of 0-10 here: \_\_\_\_

If you need to, you can repeat these rounds until you are feeling more centered and empowered.

## How to Create Healthy Boundaries

We do all the work at the end of the day. We're not a doormat and it doesn't mean we just keep working on ourselves and everyone else gets to have their bad behavior and step all over our boundaries and our good energy. So it's important to know where that line is. It's subtle, I think. If you're getting right with yourself and you're doing the work and you still feel like you're being drained when you're around them, well then minimize your time. There's so much work involved to moving ourselves forward emotionally, spiritually, energetically, mentally.

I want you to protect all the work you've done, and I think certainly there are strategies you can use. Say you're coming to the holidays, or you're coming out of the holidays, you have a family get together, or whatever it is.

Try these ideas to set up boundaries:

- Show up later and leave earlier
- Create an exit plan for yourself
- Call a friend
- Journal
- Tapping
- Breathing

There are physical ways that you can protect boundaries and set boundaries. And you can exit a conversation at any time that makes you uncomfortable.

Know that you are the priority. We have a lot of phrases in this world like, family is everything, we put family first, and all these other things. Well, I'd like to challenge that and say actually no, we put ourselves first. We put ourselves first and everyone around us benefits. But you have your hard and fast rules on which you will tolerate and which you will not tolerate.





**RYAN HADDON**, has had a wonderfully unique life growing up in Toronto, New York, and Paris. At 17, she fell in love with meditation which took her to India where she discovered a life-long love of spirituality. She finished high school there, and went on to graduate from Boston University with a degree in Journalism. She worked as a reporter/ producer for "The MacNeil/Lehrer NewsHour," "Extra!," "The Roseanne Show," and Court TV, and then transitioned into story development at a film production company in Los Angeles.

While living in Hollywood, Ryan lost her way, getting caught up in 'people, places and things,' by looking for happiness in all the wrong experiences. When she hit rock bottom, she had to rebuild a better version of herself so that she could cope with life on life's terms. She worked hard at changing her thinking, her negative behaviors and patterning, so she could own a new way of being at every level of her life. She sought out mentors, healers, spiritualists and a tribe of people to grow and learn alongside. This path of healing opened Ryan up to a deeply fulfilling daily spirituality that even today, many years later, is practical, exciting and ever-expanding. She made a commitment to learning many modalities of healing and putting her personal growth above all else, so she could become a better mother, daughter, friend and woman in the world.

This journey led her to working with other women, and helping them heal from toxic relationships, drug and alcohol abuse, eating disorders, codependence, low self-esteem and ultimately, a lack of self-love – passing on to them what she was learning to heal in herself. Ryan became a mentor, assisting women in recreating their lives and thriving in them. And in so doing, she discovered a passion for helping others, while she solidified her own commitment to growing and changing.

A few years later, she became certified as Life Coach through the International Coaching Federation. As a coach, she helps guide clients in discovering the sweet spot in their lives. She is also a Spiritual Mentor, who for over a decade, has been supporting clients in finding a deeply fulfilling, practical spirituality – which gives meaning and a sense of purpose to everything else. She is also a certified Meditation Teacher and a Certified Hypnotherapist, where she helps to uncover blocks and limiting beliefs hidden in the subconscious that have unknowingly held others back, realigning mind, body and spirit so they can move forward and manifest intentionally and with clarity of vision. She used all of these modalities to help a client move into alignment and find their center. From that place of true power, they can create the life they want to be living with abundance,



love and purpose.

Ryan speaks at corporate retreats, holds private workshops such as “Stepping Into Your Purpose,” “The Work/Life Balance,” “Finding Your Center;” as well as writes mind/body/spirit articles for Kourtney Kardashian’s lifestyle website Poosh.