

20-MINUTE WHITEBOARD COURSE

Find the Program Under Your Trigger

SAME MIND. MORE FREEDOM.

Your One-Reaction Map

Choose one real reaction. Trace it backwards. See what may be running underneath it.

1. My Automatic Move

What did I do? Keep it specific.

Example: I sent another message. I started explaining myself. I said yes when I wanted to say no.

2. Event

What actually happened?

Stick to what you could see, hear or know — before adding meaning.

3. Filter

What might my system already have learned about situations like this?

Examples: Distance can mean trouble. Silence can mean anger. Conflict can cost me something.

4. Personal Meaning

What did I make this particular event mean?

Event = what happened. Personal meaning = what it meant to me.

5. Prediction

What did I expect would happen next?

Finish this if it helps: "And if that was true, I expected..."

6. Body Response

What did I notice happening in my body?

Tightness? Heat? Stomach drop? Restlessness? Urgency? Attention locking onto the problem?

Now Look at the Whole Sequence

You have traced the pieces. Now look underneath the reaction.

EVENT → FILTER → PERSONAL MEANING → PREDICTION → BODY RESPONSE → AUTOMATIC MOVE

7. Possible Rule

What rule would make my response make sense?

If you're stuck, ask: What was my reaction trying to prevent? Don't force an answer. You're investigating.

8. Where Can I Catch It?

Next time this sequence starts, what might I notice?

The meaning? The prediction? My body response? The urge to make my automatic move?

The Pause

- What actually happened?
- What did I make it mean?
- What am I predicting?
- What is my body preparing me to do?
- Do I want to do that automatically?

NOTICE → PAUSE → CHOOSE → EXPERIENCE → NEW EVIDENCE

The point is not to ignore what is happening.

The point is to stop treating the old prediction like an instruction.

Find the Program Under Your Trigger • discoveryyoursoulself.com/find-the-program/