

Find the Program Under Your Trigger

SAME MIND. MORE FREEDOM.

THE PROGRAM SEQUENCE

A quick-reference guide for Find the Program Under Your Trigger

EVENT	FILTER	PERSONAL MEANING	PREDICTION	BODY RESPONSE	AUTOMATIC MOVE
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1. EVENT

What actually happened?

Example: *They changed their tone.*

Keep this clean. Describe what you could actually see, hear or know before adding meaning.

2. FILTER

What has my system already learned about situations like this?

Example: *Changes in tone can signal trouble.*

The filter is the pre-existing learned lens. It is not what this particular event means yet.

3. PERSONAL MEANING

What does this particular event mean to me?

Example: *They're angry with me.*

This is the meaning your system gives this specific event after it passes through the filter.

4. PREDICTION

What do I expect will happen next?

Example: *This could turn into conflict / I could be rejected.*

The prediction is what your system expects next. It may be accurate or inaccurate - it has not necessarily happened yet.

5. BODY RESPONSE

What does my body prepare for?

Example: *Tightness, alertness, urgency.*

Notice tension, heat, a stomach drop, restlessness, bracing, urgency, scanning or attention locking onto the problem.

6. AUTOMATIC MOVE

What do I automatically do?

Example: *Explain, defend, apologise or shut down.*

This is the behaviour or output: chase, over-explain, withdraw, say yes, get defensive, get angry, fix, freeze, check or avoid.

THEN INVESTIGATE THE POSSIBLE RULE

What rule would make this response make sense?

If you're stuck, ask: **What was my reaction trying to prevent?**

Example: *If someone is unhappy with me, I need to fix it.*

Keep the stages separate: The event is what happened. The filter is the learned lens. Personal meaning is what this event means to you. The prediction is what you expect to happen next.

WHEN YOU CATCH IT IN REAL TIME

- 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 full course: [Find the Program Under Your Trigger](https://discoveryoursoulself.com/find-the-program/)

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