

## How to create a Positive Trigger List (PTL)

Negative triggers or a negative mood can sometimes bother us for days. We all know that one person that gets us down all the time, the feeling you just don't get things right, or that you just are not good enough, a situations that scares us, or that make us feel insecure and so on and so on...

They always come in a bad time and we really don't want them, but sometime we really suffer from them and the keep us from performing at a level we would like. The beauty of our brains is, that we can flip the switch on them as we speak! As hard as negative triggers work, so do positive ones! Just imagine seeing a picture of your loved on, your cat, your child, a vivid memory of a moment that made you very happy or so proud. Think of one of those memories for about 30 seconds and try to be back in that moment, vividly see that picture or smell that perfume. What are you feeling/experiencing? Exactly! You get the happy, warm, loving feeling or strength back you had when you took the picture, got your diploma, or any moment you thought of just now! How cool is that! We can trick our mind in actually believing the event is back again! So the PTL we will create is about flipping the switch and having the switches at hand whenever we need the most.

Here is how it works:

Step 1) identify the negative moods/triggers you suffer from (e.g. feeling weak, overwhelmed, waking up with this clouded head, grumpy, insufficient energy, someone makes you feel irritated, or less worthy, or insecure)

Step 2) write behind it the mood you want (e.g. if your feeling weak-> you need strength, if your grumpy -> you could want to feel happy, if you wake up with the clouded head -> you want to need clarity etc).

Step 3) for each positive mood look for a positive mood try to find a picture, a movie, a memory, a song, a person that gives you that feeling and write the link/picture, song with link to the song, the memory about it down. For example, when I was lying in the hospital being paralyzed and when I needed courage and stamina to continue my rehab to get back on my feet again, as I wanted to prove the doctors they were wrong and I would be able to walk and play field hockey again. I use to play "survivor" from Destiny's Child on my headphones. When I was finally about to play for the national team (my childhood dream that got me out of the 99% chance of never walking again and back on the pitch), I got scared and discouraged. At put on my headphones and started playing "survivor" and got that stamina and courage back that got me going during the rehab. It instant changed my mood and it gave me the strength and stamina back I use to have.



The same thing I have when I wake up with this lack of energy and a clouded head. Either I play a movie I made from my little girl when she was laughing so hard that tears were rolling down here cheek for about 30 minutes! Or I'll play a movie from the Muppets. They both instantly make me smile and give me energy. And so do some songs. What are your positive triggers? Write them all down in the box below.

Negative trigger/mood	Positive mood	Positive Trigger
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Step 4: Inspirational /motivational quotes and movies. Collect a list of movies and pictures of inspirational quotes that appeal to you or where you can resonate with.

Copy-paste the pictures and the links on the next page in order for you to have them all together.

Step 5: When you have collected everything, copy the list with positive triggers, quotes, links etc. and paste them into your phone. If ever you feel a negative mood you just cannot use or want to get rid of, flip the switch by using your PTL. It is absolute crucial that you put the list, with the pictures and links into your phone on one page! As when you need it, you do not want to go look for that one picture, movie or quote, you just want it to be there with one click to give you instant relieve!!

Have fun and if you have any questions, please [contact](#) me!

With Love,  
Drs. Joyce Carols

Inspirational /Motivational quotes

Links to inspirational / motivational movies

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