



Healing Emotional Triggers

A framework for healing emotional triggers.

Use the H.E.A.L. framework to work through emotional triggers and reflect on your healing process.

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A FRAMEWORK FOR HEALING EMOTIONAL TRIGGERS

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H

HONOR THE TRIGGER

Acknowledge what you're feeling without judgment. Triggers are signals, not flaws. Recognizing them is the first step toward healing.

"This feeling is real, and it's pointing me to something deeper."

E

EXPLORE THE ROOT

Ask yourself: Where is this coming from? What past experience, belief, or fear might be driving this reaction?

"When have I felt this way before? What's beneath the surface?"

A

ALIGN WITH TRUTH

Replace distorted thoughts or narratives with truth. Use scripture, affirmations, or a grounded perspective to realign with who you are and what you value.

"I am safe. I am growing. I am not who I used to be."

L

LEARN AND LET GO

Learn from the trigger, what it revealed, how you responded, and how you want to respond next time. Then, release the need to control or react the same way again.

"What can I carry forward from this? And what can I leave behind?"

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