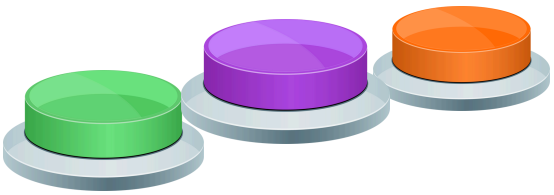
TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

Building Mindful Awareness



Identifying your Buttons

An important part of becoming more self-aware is identifying your buttons. We all have buttons or triggers. Often, they are unconscious responses to a “belief” we hold onto in our body and brains based on prior experiences. A certain behavior, action, or sensation may trigger a stress response, causing you to react rather than respond. When this happens, you may experience a physiological response followed by a reaction that you feel no control over. Developing self-awareness allows us to recognize and manage these triggers, reducing emotional overreactions. By observing physical and emotional changes, reflecting on our responses, and understanding their underlying causes, we can adjust our reactions and cultivate healthier interactions.

1. **Be Aware** – Pay attention to changes in your body, breath, or tone when reacting. Notice physical signs like a racing heart, clenched jaw, or shallow breathing to recognize a triggered response and pause before responding.

2. **Pause and Reflect** – When you feel a strong reaction, take a moment to ask yourself, "Why am I reacting this way? What triggered this response? Is my reaction helping or hurting the situation?"

3. **Identify the Source** – Recognize past experiences that may be influencing your reaction.

4. **Reframe Your Response** – Shift your perspective and adjust how you react to triggers. Instead of reacting impulsively, take a moment to reframe the situation by considering alternative viewpoints or focusing on solutions.

Additional Resources

TBRI Podcast (Season 10 Episode 7)
Mindfulness

TBRI Conversations
Buttons

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