

Staying With Yourself When You're Triggered

Companion guide to the audio practice

What you may have noticed

After listening to the audio, you might be feeling curious, unsettled, relieved, confused — or frustrated that nothing obvious happened.

All of these responses are normal.

All of them are useful information.

This practice isn't designed to fix reactivity.

It's designed to help you notice the moment *before* a reaction takes over, and to explore what it's like to stay with yourself in that moment.

How to think about this practice

You might find it helpful to think of this practice as saying hello.

Not an interrogation.

Not a deep conversation.

Just a first meeting.

When you meet someone new, you don't expect to understand them straight away. You notice how it feels to be in the same room. You sense ease, distance, curiosity, or uncertainty — and you let that be enough for now.

This practice works in much the same way. You're not trying to figure anything out yet. You're simply beginning to make contact — noticing what shows up, and how it feels to stay.

When attention turns inward, a few common experiences often appear.

It can feel crowded inside.

Judgments, urgency, fear, impatience — or a voice saying *this won't work or just stop already*. This isn't a problem. It's a sign that protective responses are present.

The sensation can be hard to locate.

Some people feel reactions clearly in the body. Others notice thoughts, impulses, or a vague discomfort instead. All of this counts.

It can feel like nothing happened.

This often means a protective part isn't ready yet, or that more support is needed.

“Nothing” is frequently a form of protection, not absence.

What to do next

If something shifted, even slightly, you might try the audio again in a few days with a different situation.

You can also experiment briefly on your own:

- When you notice a reaction beginning, pause for one breath
- Ask: *Where do I feel this right now?*
- Stay with it for a few seconds

That’s enough, for now. ***You’re giving yourself permission to notice what’s here, with curiosity.***

If the practice felt overwhelming or confusing, that’s important information. Many people find this work easier with another person present.

If you’re not sure what you noticed, trust that this work often unfolds quietly, over time.

A note about “parts”

Reactivity isn’t a flaw or failure. It’s an aspect of you trying to protect you from something it perceives as threatening.

When curiosity replaces self-criticism, new possibilities begin to open.

When support helps

Learning to stay with yourself during moments of activation is often easier with support — especially at the beginning.

If this practice stirred questions, recognition, or a sense that you don’t want to do this work alone, you’re welcome to get in touch or learn more about how I work.

You can find me here to book a free 15 minute chat: [renewalwithsuzanne](https://renewalwithsuzanne.com)

*You don’t need to force change.
Understanding comes first.*