



EP19 Woo²

Triggers as Treasures

with Colette Baron-Reid & Connie Diletti

Colette:

Hello and welcome to INSIDE THE WOONIVERSE, Woo². That's a little bit of woo x2. In these shorter episodes, you're going to hear more of me. Like an audio journal on wooniversal topics like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Hey, I'm here with my executive producer, Connie Diletti. Connie, how are you doing?

Connie:

I'm doing pretty good. I overheard you and Marc talking about your cranky pants today, Colette. We're going to springboard off of that into a question for you. When you're feeling cranky and possibly triggered, how do you take that trigger and turn it into a treasure for healing?

Colette:

Oh, I talk about that a lot in one of my groups. We put the grit on the page and the pearl in the room. It's the idea of, how do we find the pearl in the grit? Yes, I had my cranky pants on. Oh, that's so funny. Okay. Here's a really good example. Because I am very aware, the pearl in that is just to be aware that, "Oh, I'm not being open or receptive, I'm cutting myself off in that, so how do I bring myself back? How important is it to be right? Or, how important is it to put up my dukes and things like that?" Waking up on the wrong side of the bed, really, the truth is, is I stubbed my toes so hard. Not Marc's fault, but I got no sympathy.

Connie:

Then, it triggered you?



Colette:

Then, it triggered. We hear that's actually such a buzzword, right? Isn't the word trigger, I'm triggered, such a buzzword? We realize that we are so unconscious. I went unconscious there, with that, and he makes a joke saying I got the cranky pants on, so that right away, I'm like, "Oh, I'm so aware now. I don't want to have my cranky pants on. What's the point of that?" I was like, "You simmer in your dirty diapers."

Connie:

All these visuals.

Colette:

All the visuals. But when we're triggered, it means a button got pushed. The button has very little to do with that other person or the actual situation. The button turns something on that was unresolved from childhood, for example, and that's really true for everybody. That's just psychology. But we're noticing right now this self-indulgence and I was self-indulgent, I will be honest this morning, a little self-indulgent, without recognizing the humor in it. I feel the humor is the immediate treasure for being triggered, is to find humor in it and to give yourself some self-love and give yourself a hall pass.

But I also find that there is a danger. People use this term also very loosely, where they're saying, "Oh, you don't want to bypass something." But you also don't want to be self-indulgent. You don't want to indulge the rage or indulge the fear or the self-righteousness or any of those types of feelings that are not really helping or aiding a situation. Important to acknowledge, I'm hurt, that hurt, you didn't, I had expectations, they weren't met. But not to simmer in that where then it becomes a resentment, it gets blown out of proportion, because triggers can make something get blown out of proportion.

I think the treasure in that is the healing that can come with the humor when you can say to yourself, "Well, how important is this really? What part of me, is this a five year-old person that's responding through this 60-year old mouth?" Because often that's the truth. It's something that



happened when you were four, you were five, or you were six or something and the button got turned on and you aren't an adult anymore, you're not adulting.

Connie:

Yeah. You know what? I'm just going to say this, working with you and Marc, you provide such a really wonderful container for this very open candid discussion, because like you said, everybody has triggers or spots that if it gets touched, it's an immediate, it goes right to an unresolved issue, that period. By talking about it, there's a lot of freedom in just saying, "I was just triggered. That really triggered me." Or, "This is really unresolved." Wow, that comment, I really felt like this about it and it allows just that instantaneous connection to happen.

What do you think are some maybe quick tips to how to make a connection between, okay, identifying a trigger, it just happened, and why it's there or what it's connected to that's unresolved?

Colette:

Yeah. I have these three questions in my book, *The Map*, that this actually really pertains to, one of them is where am I, when am I, and who am I listening to? When am I, if I'm not now, I'm someone else. When I'm triggered, it's like, when am I, am I now? The good question is like, when am I actually? Because oftentimes you say, why am I behaving like this, will go right back to the, you did this to me. As opposed to, when am I, am I actually in present moment awareness or am I coming from a time where I still am wounded? Then, right away, there's an invitation for self-compassion.

I think that is really key too, is to come back to the self and to be compassionate with the self and to say, "Hey, okay, you're doing the best you can." Rather than staying in it, but I think having the conversation and making sure that you're with somebody that is appropriate to have the conversation with, because you're not going to say, "You triggered me," to a stranger. I don't give a shit about when you were five.



Connie:

You just triggered unresolved emotions. Yeah, FYI, you triggered my inner five-year old with that comment, and I'm not happy.

Colette:

Yeah. Well, I think I see that, that real self-indulgence on the internet, like on Instagram or on ... the trolling personalities and things like that, or when people are like, "I got triggered and I'm going to vomit all over you online." Then, it's just there smelling bad. There's no resolution because it's there in writing. It's there. Then, it stirs other people up and other people get triggered, and then they get triggered, and they get ... Everybody is running around. Seriously, it's like a world of five-year old kids dressed up in adult clothing.

Colette:

I think really bringing some love, compassion, kindness, and humor to a situation. But also, doing some therapy. I'm a big believer in getting help. I am a big believer.

Connie:

Yeah, me too.

Colette:

I've come through 12-step programs. I've done a ton of therapy. I still do therapy. I get coaching when I need to. I will get help because I know that there are people who are professionally, they signed up to give the help and to give the structure. Especially if something keeps happening over and over again and you keep getting triggered and re-triggered and re-triggered, and re-triggered on the same thing, it means that you might need help to actually move beyond that wound, or you need a safe space to be able to talk. You're right. We are that safe space at our company.

Connie:

You do. Yeah.



Colette:

We are willing to talk about stuff and figure it all out, because certainly our humanity is the most important thing. Before the job is the human. But yeah, I had my cranky pants on. Yes, indeed. I can make a joke about that now. But during cranky pants moment, I was determined to be cranky.

Connie:

Do we want to pull a card about maybe the transformation from trigger to treasure, what our deck says?

Colette:

Yeah. What would be the treasure. You do it less. That's the other thing. Desensitizing the trigger. The more you talk about it, the more you recognize it when it comes up, and the less time you stay there.

Connie:

Exactly.

Colette:

That's the other thing. You'll still get triggered, but you won't remain in the trigger and feel necessary that you have to create a new story around the trigger, when the trigger really has something to do with-

Connie:

Yeah, that invitation to transform, it's coming up for attention. That doesn't have to be a negative thing.

Colette:

Yeah. Okay. Let's look at a card. How do we transform a trigger into treasure? That's a good question. Your higher power. Okay. That was the other thing. Okay, that is such a great answer, because the higher power card is all about spirit, because the cranky pants is a part of my ego or a person's ego, that it's all about them. Me, me, me, I, I, I. There's no room for the higher power



when the small self is running the show. That was excellent, actually, having that card because it's true. It's like, what would your higher power say about the cranky pants moment? Are you inviting ... Let's invite God into the cranky pants moment.

Connie:
God is smiling.

Colette:
Yeah, right. Yeah, God is having a good laugh. It's like, where is the spirituality in that, and what part of self? That's a good opportunity for our spiritual inventory. What part of self has this affected me? Then, at the end of the day, it's about self-centered fear that you're not getting your needs met. That somehow something will be taken from you or something was taken from you, or it's very much self-centeredness, self-centered. Spirit is other centered. Then, you think. Then, this is the treasure.

Colette:
It's like, "Oh, what am I contributing to the atmosphere if I'm in cranky pants mode? Well, right away, I do not want to be there." Right away I'm like, "Well, I'm not contributing anything very nice, am I?" It's like, "How am I contributing?" We actually have very strong rules around how we post in Oracle school, for example. You know about this, right? We tell our students, when you are in school, you put your grit on the page and you bring your pearl into the room. The triggers are worked out on the journal. When you are ready, you come back and say, "This was the trigger. This is what I did. This is what I resolved."

Then, it becomes a super safe space for people, because we have a thousand people in there and nobody is like, "I'm really mad." No, the job is like, "Why are you mad? Let's look at what's coming up for you. You work that out." They go, "Oh, here are the process I went through from this to that." Then, we talk it out. It becomes this place, you could put the grit, but you got to put the pearl too.



Connie:

You know what? Another word for grit, because I'm just going to quote another one of your books, where you talk about an emotional dump. That is basically you're dumping it out on the page, you're journaling it out. You're getting those emotions out and worked out there. Then, that's like, trigger, emo dump, and then-

Colette:

Emo dump.

Connie:

... there's your point.

Colette:

I love that, emo dump.

Connie:

I call it an emo dump, for sure.

Colette:

Trigger and emo dump. I've never heard that.

Connie:

It's the same thing. Like when you're talking to somebody, there's emotional dumps and, again, you would say, "Hey, consider, did you just ... ?" I'm like, "Oh, my God, I'm so sorry to emo dump on you." Then, some people, depending on their mood, they're like, "No, I could take it. Tell me."

Colette:

Yeah, you give boundaries.

Connie:

Yeah, exactly. Or, like, "Sorry, I really have to emo dump."



Colette:

I need to emo dump. I am going to use that from now on, emo dump.

Connie:

Yes, yes, just dump it out.

Colette:

Yeah, to set boundaries. You have that concept of psychic vampires, too, around this idea. Where there's people who want to dump because they have to offload their energy without realizing they're sucking you dry. Oftentimes, people don't even realize they're doing that. They're just in so much pain. They want to dump it somewhere. Yeah, that's true. In one of the courses I taught, we had two different journals, one, the dumping grounds journal and the other one was your epiphanies. You had two separate journals where you would separate out the actual, one was the emo dump.

Connie:

Yup. That's right.

Colette:

Then, you would take out the trash every two weeks.

Connie:

I had a picture that I put on the top of that journal of literally a garbage dump. This is what it was, right?

Colette:

Right. Oh, my God. That was right, because I taught that back in MICI. That's right. Oh, gosh. We're going back in time.

Connie:

For sure.



Colette:

That is very helpful. That's right. But it's really funny too, because here's the other piece, when we're triggered, it's very often we don't recognize that we are creating more trouble for other people. I knew I was in, I'm totally not in cranky pants mode now at all, but I knew I was a little frustrated, but I wasn't conscious enough to ask myself those questions, what am I

contributing? What am I taking away? Some very simple things. As soon as you realize you're not contributing anything positive.

Certainly, on my end, I'm like, "Oh, I don't want to do that anymore. That's just really messing up the room." You make the choice to change, but you realize, "Okay, maybe I need to go back to that at some point later on to give it some more love to determine it." That's what journaling is for. One of the things I love to do is to journal with Oracle Cards. That can really help too, to take that trigger. You know what? Let's pull a card on cranky pants because everybody that's listening has been in cranky pants mode at some point.

Connie:

Yeah. Of course.

Colette:

I am sure everyone here has been there. Let's see what would the Oracle have to say to us about how do we move from cranky pants into a smooth transition, to a different mindset, and how would we heal that? What we need to do. Oh, my God never ending story.

Connie:

Tell me. That's a good one. That's a good one.

Colette:

Best card in the deck to describe this. The never ending story is a story that we tell that we constantly tell about being a victim. Now, there are people who have been genuinely victims. This is not what we're talking about. This is, the trigger is I am hard done by, you know what I



mean? We've got the little violin me, and so we have to identify that it's just a story. We just identify, "Oh, this is a story." Do we want to tell a new story? It is that simple. This is a story I am telling.

Colette:

If you have two people in the same room experiencing the same thing, one person can have cranky pants on because their interpretation of whatever went down, went down, and another person will have a different perspective. Who's correct? That's the story that they're telling. There's a different story. Tell a new story is what this is about.

Connie:

Love it.

Colette:

Bingo.