

# RESPONDING TO TRIGGERS/ TRAUMA RESPONSES

## VALIDATE

Validate the reaction - *“You aren’t crazy. Your emotions make sense. I’d probably feel that way too.”*

## OWN/ EMPATHIZE

Owning your part in it - *“I’m so sorry that my behaviors have created this fear in you.”* or empathize - *“I hate that you’re hurting.”*

## OFFER

State what you can offer to help make the situation less painful. - *“Would you like to check my phone?”* or *“Let me go process that with my therapist and get back to you.”*

## ASK

Ask if there’s anything else you can do - *“Is there anything else I can do right now to help?”*