



## Body Triggers

If we slow down and pay attention, we will notice that our bodies can tell us a lot about whether or not we are living in reaction or choice-based listening. Our body communicates to us through sensation—that is its language. Pay attention to the sensations you experience in your body when you hear things in a certain way—or when you say something that perhaps you don't stand fully behind—or when you say something firmly that you believe in. You might notice a tightening of the chest, trouble breathing deeply, or a quickening heartbeat if you are in reaction—or a sense of calm and elation, relaxed shoulders, or more upright posture if you are on the right track towards creating choice in your life. Once we get to know how our bodies respond to certain feelings, we can use these triggers to help guide us towards our own recovery and keep us on the right track towards creating our own unique legacy.

Questions to ask yourself to get to know your body triggers:

- Think of a time when you have gone below the line and experienced worry, doubt, fear, judgment or unforgiveness.
  - How did it feel in your body when you experienced this?
  
- Think of a time when you made a choice out of reactive listening instead of choice-based creative listening.
  - How did it feel in your body when you experienced this?
  
- Think of what makes you happy, fulfilled, and on target for creating your own unique legacy in this world.
  - How does your body feel when it experiences happiness?

Create goals. Live possibility. Be happy.