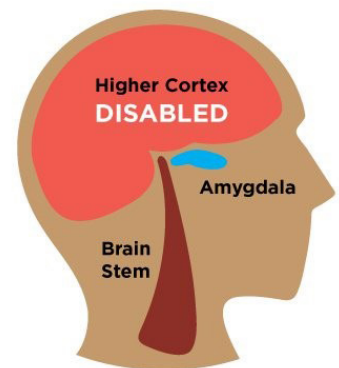


# EMERGENCY EVACUATION PLAN

*for Triggers*

## ADAPTIVE WAYS TO CALM TRIGGERS AND PREVENT REACTIVITY AND DRAMA/TRAUMA TRIANGLE CONFLICT

- Your Emergency Evacuation Plan gives you pre-planned adaptive ways to respond to triggers with FLIGHT energy instead of FIGHTING or reacting
- When we are angry, defensive or triggered, we have an activated nervous system (Fight-or-Flight) and in a "self-protective" state
- During this state we lose access to our rational thinking
- Can result in reactive behaviors, such as yelling, blameshifting, gaslighting, name calling, drama triangle, throwing things, and hurting our loved-ones - these behaviors are the opposite of connection



# PLAN & USE *emergency* *evacuation plan*

## PLAN EEP LIST

Plan specific Action and Duration using the list below. This is a living document and can change with time once you realize what works best for you. For now, list your ideas on ways to physically take action to FLIGHT or FREEZE when triggered to prevent reactivity and to remove yourself from the Drama Triangle.

## USE EEP LIST

Use your EEP if you feel triggered at any point in life. You have 100% RESPONSIBILITY for YOURSELF! You may say something, like:

**"I'm feeling triggered so I'm going to \_\_\_\_\_ for \_\_\_\_\_ minutes"  
(state which Evacuation you're taking and its duration)"**

## PROCESS EMOTIONS

After you use your Evacuation, it may be imperative for you to take additional time to understand and process your emotions on your own before communicating or trying to resolve conflict. Remember emotions are trying to get you to understand specific needs, wants, or needed limits (boundaries). Use Emotional Health Skills to figure this out for yourself and then you can plan to clearly communicate your wants, needs or needed limits.



# EMERGENCY EVACUATION PLAN

**ADAPTIVE WAYS TO CALM TRIGGERS,  
PREVENT REACTIVITY AND  
REMAIN OUT OF DRAMA TRIANGLE**

*for Triggers*

**EVACUATION ACTION** FLIGHT OR FREEZE

Example: Take a Walk (flight)

Example: Sit and Close my Eyes (freeze)

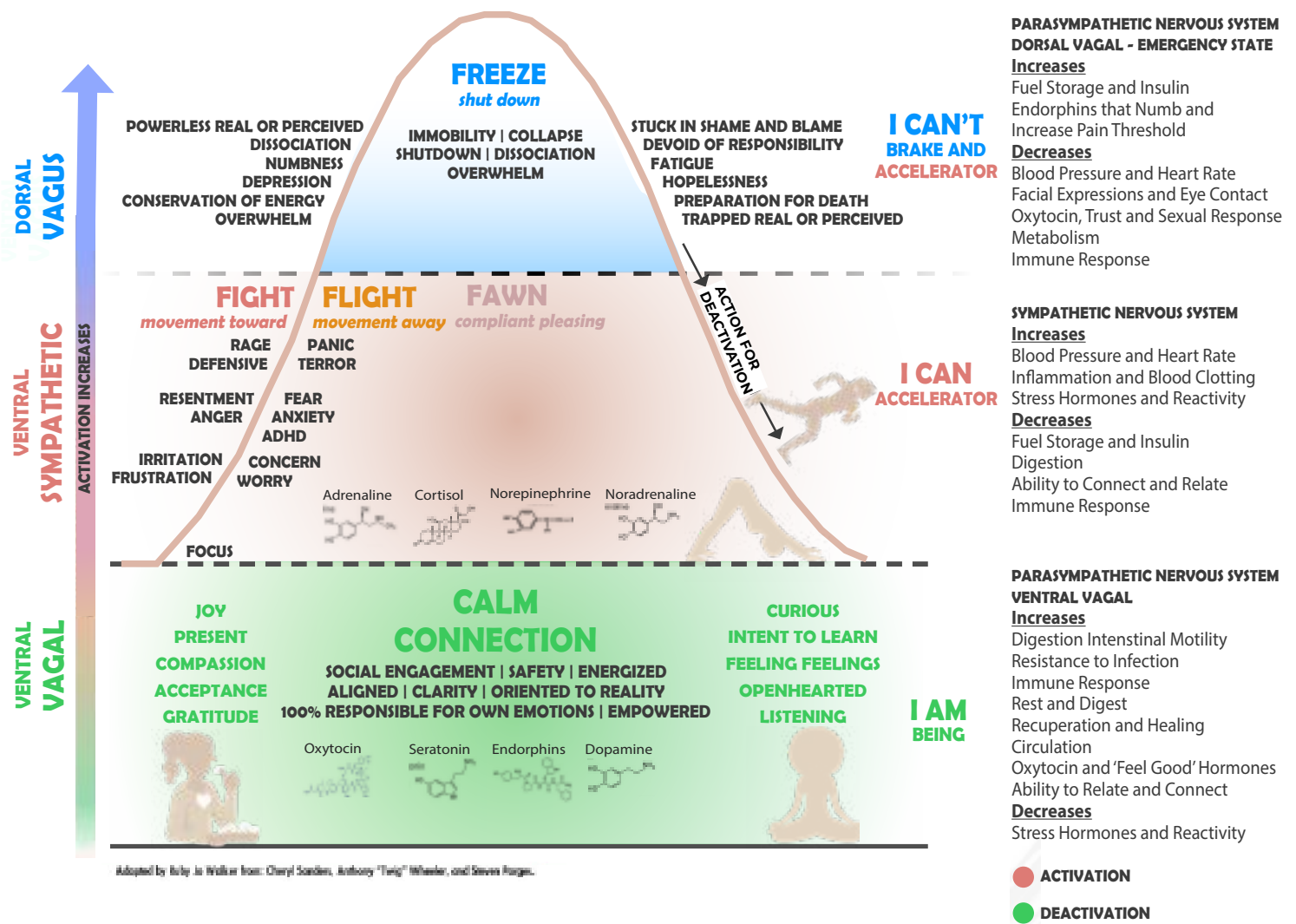
**DURATION**

30 minutes

15 minutes

# WHY ACTION WORKS TO *resolve Triggers*

Taking ACTION, like physical activity works because of physics and physiology. See image below. Trying to meditate, 'chill' or be 'happy' during highly activated fight-or-flight states can be counterproductive and frustrating! Trying to resolve conflict when triggered is almost impossible. The nervous system tends to activate more! Process the stress hormones and neurochemicals with ACTION first so you can quite literally 'flight' to CALM. This prevents reactivity and Drama Triangle conflict.



You can also see why action-oriented, self-care like simple comforts, yoga, acceptance practices and gratitude work to allow for more CALM and less susceptibility for fight-or-flight states (chronic stress). Having Wise Mind and awareness to feel your feelings and nervous system activation in each moment is imperative to be proactive and prevent high stress states.

# RESPONDING TO *Triggers*

**SUN**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**MON**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**TUE**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**WED**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**THU**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**FRI**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)

**SAT**

EVENT OR THOUGHT CAUSING THE TRIGGER
I REACTED OR I TOOK TIME TO IDEALLY RESPOND BY (INCLUDING SIMPLY CALMING)
MY TRIGGERED EMOTIONS WERE TRYING TO TELL ME (WANT, NEED, LIMIT)