

## Session #3 The True Source of Upset

### This Week's Practice:

1. Slow down the process of being “triggered”

#### Stimulus → ‘Make Up’ → Reaction

When a particular stimulus comes your way, like your partner leaving dirty dishes out on the counter, take a moment to slow down and discover what you are ‘making up’ about the situation before you react. What are you making it mean, or signify? How does that influence your usual reaction?

2. Make up something new

If you can catch yourself in the moment of ‘making up’, before you react, then you can also choose to make up something new and act differently. What new meaning can you choose that will allow you to act creatively in the way you want?

### This Week's Homework Assignment:

1. Any time you get triggered with your partner, slow it down and work the process (Stimulus --> ‘Make Up’ --> Reaction) to discover what you are making up in that situation.

Then, explore something new you could make up about the same stimulus!