

Rainbow Map

Complete the green band before you work through other bands (hyper and/or hypo?). Then identify your Trigger Flag (Physical Sensation or Mannerism) before plotting your Trigger Cycle and duration.

Emotions & Wishes	Styles of Thinking & Typical Thoughts	Physical Sensations & Mannerisms	Trigger Cycle
<p>Hyper Triggered</p> <p>Hatred Boasting? Scream Desire Punish Retaliate</p>	<p>Paranoia Turmoil? You're lying</p>	<p>Pounding heart Pulsating temples clenched fists</p>	<p>5-10 min seconds</p>
<p>Hyper Triggering</p> <p>Angry Resentful 1</p>	<p>Critical Distrusting This isn't fair</p>	<p>Grinding back teeth Thumping heart Louder voice</p>	<p>1-5 min 5-10 min</p>
<p>Untriggered</p> <p>Peaceful Connected Retain Share</p>	<p>Optimism Tolerance Good idea</p>	<p>Nothing</p>	<p>1-2 days</p>
<p>Hypo Triggering</p> <p>Defeated Frightened Vulnerable Withdraw</p>	<p>Pessimistic Critical of self Leave me alone</p>	<p>Slumped shoulders Queasy</p>	<p>1-2 days</p>
<p>Hypo Triggered</p> <p>Desperation Paralysis B? Gisappark Revelation</p>	<p>Hopelessness D? Confusion I've been abandoned</p>	<p>Nauseous F? Feeble Collapsed posture</p>	<p>1-2 days</p>

1 hour

Your Trigger Flag (The first physical Sensation or Mannerism you notice as you begin to trigger):

Thumping heart

Typical Cycle Duration: 2-4 days