



Episode 67: EMOTIONAL TRIGGERS

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 67, Emotional Triggers.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hi there, my friend today we're talking about something that isn't that enjoyable to feel, emotional triggers. I'm currently going through a few of my own, and so I thought, why not turn on the mic and record this and talk through what I've been experiencing the past few days. Must admit this is very vulnerable for me because many times when we share things that are triggering for us, we share them after we're done. We've wrapped up the whole process and we have peace with it and perspective.

Well, I want to show you the other side of it. I want to show you what it's like to be in it, because you may not quite understand yet what emotional triggers are if you're new to me or to personal development. I want to just walk you through what I'm feeling and kind of give you some of the science as well behind what I'm experiencing.

Okay. Now, before I get into this, I just said, this is very vulnerable for me, so I would highly appreciate a couple of things.

First off, I do not want anybody giving me hate mail for this episode. Oh, of course, you're an adult person. You can do that, but it will be deleted. It will not even be considered because again, I'm going through something right now and when you're going through something it's important not to have other people's opinions. Two on the flip of that, you know you're welcome to say, Hey, Lindsay, I really love this episode. It really helped me,



but beyond that, I don't want to hear anybody's opinions on this. Okay. It would just be such a gift for me. All right. Okay. Here's what's happened in the past few days.

I was at the park with my son. I believe it was Thursday morning. If you don't know my schedule is that my two-year-old son is home Monday, Tuesday, Thursday, and Friday on Wednesdays. I take him to my parents who live about an hour away and he's with them for the majority of the day. I go to my office and I work all day. I also work all day Sunday, and then I work in the evenings, but otherwise, I'm taking care of my son. I also have a nine-year-old daughter who is now in school and so she comes home in the afternoons and then I get her out the door in the morning. Right?

Thursday morning, I'm at the park with my son and we're just sitting there and it's very peaceful. I'm feeling a lot of gratitude and I'm just thinking about "Man, I'm so grateful I have the life that I have right now, where I get to do what I love. I get to spend time with my kids." Like this is the life I've been dreaming of for so many years. It's come in bits and pieces, but I just feel like the past few months I've really wrapped up the final piece to that former dream, which was really just my business starting to make more money.

For a while it was making money, but not that much. Okay. If you've heard my other episodes, my business is really exploding right now, which is awesome. I'm just thinking about like, "Man, what is the next 10 years going to hold me? Man, I just want to enjoy this moment right now." As I'm slowing down and I'm reflecting and I'm watching him play, I'm just thinking, "Man, I'm kind of tired. I'm more worn out than I'm giving myself credit for, or that I realize."

A big part of that was right now as I'm recording this, this is September, 2020 and August, 2020 was a huge month for my business. I closed almost \$60,000 a new business my best month today it was a month prior to that, which was 12k. Most of my months in the past year have been about 5k a month, so a huge month for me. That came with some work. I had a ton of consult calls to re-engage some old clients and to bring in new clients and that takes up time. I also had the clients I was managing my current clients and two of my daughter was going back to school and so there were some nerves of thought, especially with this COVID stuff.

Two, I rerecorded one of my courses. It's a 90-day course called Become an Unstoppable Woman after this podcast and a weekend basically. That just really pushed me. I had to record something like 50 videos and then after that granted I have my admin, Rachel, to help but then after that, we had to get those videos up and edited and transcripts and get



the workbook printed and all of this stuff. It was just a very, very busy month, a great month, but a busy month.

I'm sitting there and I'm thinking, "Whew, I'm tired. I'm more tired than I once thought." Then I thought, okay, "These next few days, I'm going to intentionally slow down, give myself some extra self-care because this was the first time I'm realizing." Because prior to that, it was like I was tired, but it was a good tire to like, "Oh, I'm doing this, I'm in this massive action place that we're talking about."

Even when you're in massive action, there's got to be times when you slow down and do self-care. What we call do you time in my coaching programs. I was just reflecting on the past month and I thought, "Man, I really haven't taken as much do you time as what I teach my clients and anyways, I need to slow down." Then I get this email and it's an email about my lose weight podcast. That topic was already one that I felt vulnerable putting out there because that's a new topic and weight loss is not my forte.

I said that many times in that episode, like this is not a passion of mine. I'm not an expert at this. This is what's worked for me. I've learned this off of Brooke Castillo of The Life Coach School, who is somebody who I highly respect. She's taught thousands and thousands of people her work not to mention hundreds, if not thousands of coaches her work. Who many of which are then going and using just specifically her weight loss work, the work has worked for me. It's been life-changing for me, so I was just sharing her work.

I get an email and it's somebody who has a consult with me and a few weeks. She said, Lindsay, I'm canceling the consult and here's why. I don't like your weight loss episode. She goes into many different reasons and granted, everybody is allowed to have their thoughts. As I'm reading it, the coach side of me, it's like, "Okay, she's just having thoughts and I'm seeing some of her thought patterns and this is black and white thinking. I'm here as a coach to show her those things and all of that stuff."

Anyways, I see that coach side of it and anytime you get an email or a message or anything in your life, like somebody tells you something and it's uncomfortable you feel a vibration. I felt the vibration, like the nerves of it. Many times when that happens, it'll just come in like a wave and I'll feel it for a few seconds, and then it will go away and go out. When something comes in, a feeling comes in and you hold onto it for more than seven seconds, believe it or not, there is something deeper there.

I feel this feeling of anxiety come in and it doesn't leave and it just stays with me and stays within. It's like this pebble that just gets bigger and bigger so it's snowballing. It's



like this thing that just is going down this mountain and getting bigger and bigger. It's like a snowball, I guess that's how I envision it. I just start feeling more and more anxiety and I'm thinking, "Oh, okay, what is going on here?" I start having in essence, an emotional trigger. Again, an emotional trigger is any feeling you have that lasts more than seven seconds. It's typically a feeling that we consider "negative."

I'm like, "Whew, okay, what's going on here," and immediately my brain starts giving me some information because many times we ask what's deeper here. What's going on here our brain will bring us to past moments from our life. Trust that, our brain is telling us, this is what it is. For me, it brought up just the relationship I've had with my mom over the past, gosh, now 36 years. Especially growing up her and I have different body types. I got my dad's body, which is naturally thin. My mom is curvy. My mom always had or it felt like. It felt like she had this resentment toward me and me having a different body than her and a body that she seemed to have wanted. She would go on diet sometimes and she grew up in the '70s where she was on a dance team and she had to weigh in every week. If she didn't hit a certain weight, she couldn't dance. It was horrible and she's just a naturally curvy person. She would do things like what sounds like starve herself at times and things of that sort. It was just this uncomfortableness between my mom and I growing up between that. It was almost like she resented me. She was jealous of me. She hated me at times. Even there was a point, I think it was either late elementary or early middle school where I went to a weight group and everybody in that group was considered overweight except for me. They all looked at me and said, "Well, why wouldn't you be in this group?"

I just said, "I don't like being thin. I don't want to be thin and yet I am," That was stemming from where I would go home. I felt so much animosity from my mom about the way that I looked and granted, most nights when I was a kid I went to sleep hungry. My mom just did not feed us a lot, because she was an essence, I think denying herself a lot of food too. What was so interesting is I think she must have been eating without us because we would all be very thin. Now, granted my brother and I had my dad's body type, but my mom wouldn't lose weight. Very confusing. Anyways, so I wanted to gain weight, but I just didn't have the opportunity to and I grew up always wanting my mom's body.

I thought my mom's body was so amazing and so beautiful and that's what I wanted. It was just like this jealousy we both had toward one another. All of that came up for me. Not only that, but this woman who reached out to me, she's a therapist and it brought up a lot of things that I didn't know I needed to heal from my experience in therapy. If you've heard my story, I went to therapy for a year and I went in saying, 'What's wrong with me? I want you to tell me.' Now, granted, when you go in with a goal like that, that's what you're



going to get. If somebody came to coaching and said, "Hey, I want to figure out what's wrong with me?" I would change that in a hot second.

I even have some clients right now that I've told, "You have this belief that something's wrong with you and it's a bunch shit. We've got to change that belief. It's just not true. Even if you're diagnosed with something on paper, that doesn't mean there's something wrong with you." That experience wasn't great. I also told the therapist that I thought my then partner was cheating on me. She denied those feelings and then I ended up being way worse than what I ever imagined. Just not a great experience. Well, I didn't realize that I still had some things to heal with that. I'm taking this in and I'm like, "Oh, okay." I'm taking in that. I've got some healing to do around my mom that I didn't realize and about therapy. Okay. Let me just kind of back up now, get out of my story and talk to you about your story.

Again, if you're feeling a feeling more than seven seconds that tells you there's something deeper there it's then considered an emotional trigger, then ask your brain in essence, what is this about? See the stories that come up for you and start to analyze how is this relating to the story of what has happened to me today. Then from there, that's where the deeper healing begins. This is where my Become an Unstoppable Woman course walks people through this is okay. You need to go in and you need to do some emotional writing to feel, deal and heal in essence. I'm not going to go into it here on the podcast because it's just a process. It takes a couple of weeks.

Now granted, you cannot have it take a couple of weeks, but in order to first teach you that process, it takes a couple of weeks just for you to experience the depth of it. Anyways, I now know I need to go do that. Well, as life loves to move on and evolve, it's not like we can just stop our world and say, "Well, I've had an emotional trigger, nothing else come my way." Like many of us we still have to go to work. We still have relationships. Many of us are parents. We have still have to parent, have to take care of ourselves. We can't just stop everything.

Then Friday happens. I'm making dinner. My husband is in the living room and he makes like this gasp or something. He goes, "Oh no." I said, "What? He's was like, "Oh no." I just said, "What is it?" He's like, "Ruth Bader Ginsburg died." Initially, I go straight to my head because again, I'm already feeling uneasy and essence too I just spent a few minutes venting to my husband right before I started making dinner about how I was feeling.

I just went to my head and I just went logically and I just said in essence, "Fuck." She was trying to hold off. She had been working really hard to hold off until a new president was



elected. We're big Ruth Bader Ginsburg fans in our home for many reasons. It's not even about political issues. She's just on a lot for equality, not just for women, but for men. It was hurtful. Like not hurtful. It was just sad. I'm feeling that my daughter highly admires Ruth too. She for a while wanted to be on the Supreme court because she loves Ruth. That's like another thing that happens.

So then I bring my son over because I've made dinner at this point and I realized there's ants on his high chair. My husband likes to keep things very clean. I'll just say that. I know that when he sees ants, it's going to be a trigger for him. I just put it out in the open and I say, "There are ants on the high chair." I start cleaning them up because what has happened is I did not clean the high chair properly earlier in the day. My son and I ended up going to the zoo that morning and so I just left it as is. I didn't even think about it to be honest.

I realized I was like, "Wow." I can't do those kinds of things. I learned my lesson immediately because that had never happened before. There were times I would leave the high chair a little bit messy, but nothing had happened. But then I realized my last son, okay, I've got to clean the high chair right when it happens. If he had said nothing, I would have learned the lesson. Well, then he starts making the little remarks. This is why we don't do this. I feel like I'm just the maid around here. These kinds of things are coming out as well again. I'm managing my mind through it. I'm really trying to hold back.

I've already been feeling like I've been taking these jobs from life, the past few 24 hours or so and then this starts coming in and I hold it together really well. Then at night after I put my son down, I lay down with my husband, we start talking, we start talking about Ruth Bader Ginsburg. Somehow we got on some sort of topic where he was like, "She's going to be replaced. Trump's going to replace her and it will be a woman and so it be fine." I just said, "No, it's not fine." He's like, "Well, that's hypocritical." Then I just lost it. Like, it was just like the flood Gates opened.

It was just like, I couldn't hold back anymore. It was too many emotional triggers that I just went off. I went off on him about the cleanliness stuff. I went off about so many things, it's like one of those moments where you're just like, you know you're not making smart choices. You know you may be acting a little bit, "crazy", but you like, can't stop. So I did. I went off, he went back off on me, back and forth, back and forth, back and forth. We're just digging this hole deeper and deeper between us and now more emotional triggers. He says things to me, I say things to him, it's just like digging a grave in essence.



Then we ended up going to bed Friday nights, both pissed at each other, wake up Saturday. I'm just like beat. I am so exhausted. I'm even thinking like, am I getting sick? I'm this exhausted and almost like, okay, I guess I must be starting my period too. I'm just like so drained to a point of like, I don't even want to get up kind of drained. I just take a ton of self-care that day. Even though I'm watching my son, I'm just laying around and really trying to regain some strength.

Sunday, I ended up working all day, which was planned. I end up working most Sundays, everything went pretty well, but I was slow. I wasn't the sharpest as I've been, I didn't get a ton done. My client calls what? Well, because again, I can do those in my sleep at this point. I'm sitting there thinking, "Oh my gosh, all I want right now is a cookie. I just really want to go get a cookie to make myself feel better. There's actually a bakery right around the corner from my office." It was closed. Thank goodness. I was about to just start going in the wrong direction of my dreams. Start going off of my eating plan, which if you've heard that lose weight episode, it's not even about losing weight.

It's just about saying I'm going to do something and then doing it and not emotionally letting things like food come in, but feeling my feelings I'm sad. When I realized the bakery is closed and I didn't have time to go anywhere else, I just sat there and I'm like, "Okay, you just have to deal with your feelings, Lindsay, what are you feeling?" I started journaling and just a huge feeling of sadness for many reasons between what I need to know or what I need to deal with in my childhood to Ruth passing away and thinking like, "What does this even mean to me? Why am I so upset about this? I didn't even know this person. I'm like going into all of that thinking about my marriage. Maybe there's more here than what I realized." Just feeling the feelings of it. Feeling the depth of it. Then now, it's Tuesday as I'm recording this, but yesterday on Monday, I'm very slow, my brain is very foggy. I felt very way down. If something happens I just feel very reactive.

I haven't been in this place in so long that I thought I've got to turn on the mic and start talking about this because now I remember what it felt like to go through this all the time. Feel these triggers over, and over, and over again. Feel like you have this 100-pound backpack on your back, and know you want to go after goals and dreams, yet it feels so hard. Your brain is foggy. You feel way down. Your productivity stinks. There's all this drama around you it seems.

You're perpetuating the drama but you just can't help yourself because you feel so shitty. It sucks. I talk about often the tornado of emotions and how we feel the trigger. Then what we do is then we go a distraction of choice be it food or work, or our phone, love, whatever it is to give us a head of endorphins. Then we feel a little bit better for a few minutes and



then we feel even worse after that. Then we just repeat the cycle. We never feel the depth of the feeling and we just keep going around and around. We think, "This is just as good as life's going to get." There's so many things we want to go after, but it feels so hard. It feels so hard. I'm here with you.

Are you feeling this? Have you felt this way? It stinks. It totally stinks. I just wanted to show you that sometimes it so happens to me. I'm a human being. This is part of the human experience. Sometimes we have to go in and we have to feel certain things. Like with my marriage, right now. I know there's something I need to go in and feel, deal and heal with childhood. That came up from the email last week. I know I need to grieve Ruth's death whatever that means to me. I'm also thinking about, "Where do I go from here with my marriage?"

Because it just seems like it's different. I'm not ready to jump back in full force and I've pulled away from my husband in the past few days because I'm just thinking, "I know I don't want to jump back into what we've been doing, not that it's been bad. There's been some patterns that I'm seeing now in a different way that it's like, "What am I going to change here with this?"

What's going to be different? I'm feeling some of the depths of that and taking some time alone and reflecting and feeling the feelings of that. That I didn't realize a few days ago. Then I see how hard it is to work and to show up in my best self. I think sometimes when you're hearing this personal development be it me or somebody else, and you're like, "Yes, Lindsay, I want that so bad. I want all my job, goals, and dreams. I want to feel amazing." If you don't handle your emotional triggers, it's going to take us so much longer and it's going to feel like a shit. Right now, I feel like I have this huge backpack on my back.

Normally, I don't feel that way. I normally feel really light and fun and airy, and free. Granted, the weight has always been there, but sometimes it's we really showing the weight of something we've been carrying that we didn't know. That's how we do something called an "emotional release" in my coaching and afterwards people say, "Oh, I feel so light. Yes, we got that out of your backpack." Because you've been carrying it for so long, it became a part of you. When we go in and we're finding within that backpack that's where it really feels the heaviest.

You're like, "Oh my gosh, yes. I didn't even know I was carrying this. You mean I can get rid of this? I don't have to think this anymore? I don't have to carry this as baggage?" No, that's how I feel right now. It's like, "Oh my gosh, all this baggage." It's that not much, but it just feels like a lot. Just know my friend, this is part of the human experience. A, we all



go through this. Even after you do work where you improve your life and know the system for change. It still happens.

I always tell my clients new level, new devil. When I put that weight-loss podcast out there. As I said it was vulnerable and I'm stepping into a new version of myself in a lot of ways. I'm claiming new beliefs and a new way of being. I'm more certain in the way that I speak. Even a client told me about that podcast. She's like, "I've never heard you sound so confident." Because I am. That's triggering for some people. It sheds off the people who shouldn't be here. Which is great and fine, we all evolve. It also brings up for me is like, "Lindsay, here's some things you need to do now that you're becoming this new version of yourself."

Same with my marriage. Recently, I made this goal of wanting to get to attend marriage. It's almost like the universe saying, "Lindsay, here's the stuff in the way. Here you go. Here's some of the patterns that are keeping you stuck. Let's change it." Now, what's different on the other side of this is I know now what's happening to me. A, I'm having an emotional trigger. I know how to dig deeper into that to truly feel the depth of this. Then two, I know how to heal it. This is the stuff that I wish were teaching in schools.

Because we all learn this stuff we wouldn't have to experience these feelings over and over and over again. How these people who feel like they can't get what they wanted out of life and because of that they turn to things that they don't want to turn to. Like drugs and alcohol, or even our phones, or love, or sex, or work, or whatever it is. They can instead choose consciously and authentically what they want to out of life because they're not triggered all the time. Now, again I want to teach you this stuff too. I can't do it in a format like a podcast. I just can't. It takes some time. It takes a few weeks.

It takes somebody that's hand-holding you through that process and getting you through it for the first time. So that you can understand that you're safe and secure in going through that, and then after that you got this system for life of any time you feel this way. It's like, "Whew, emotional trigger, here we go." I know that's the work that I'm going to be doing in the next few days is going through that process and getting rid of some of the stuff. From there, I'm going to be able to make more authentic choices in my marriage moving forward. "Where should I go with this?"

Because right now, it still so fuzzy. It's like, "I don't know, I don't know if I'm just emotionally triggered? Is it that I feel this way?" This is where we get into indecision and our relationships suffer because we pull away. Instead of looking out what is truly the issue. Healing that and then coming at it and then being able to move forward. I hope that



makes sense. Again, I just wanted to record this for you today. As you can see, what it feels like to have an emotional trigger.

Because Lindsay, years ago before she knew this stuff would have just said things like, "I guess this is just as good as life gets." Or, I would've said, "What's wrong with me? Why do I feel this way?" I would've said, "I want to feel happy, why can't I feel that?" There would have been so many beliefs that I had about this experience when it's truly just part of the human experience and the human brain. It doesn't mean we have to stay stuck here.

Let's recap one last time if you're experiencing a "negative emotion" for more than seven seconds that means it's an emotional trigger. If it's an emotional trigger ask your brain, "What is this really about?" If your boss comes in get's mad at you or some people snap at you, you find yourself really harboring something about that, it's likely not about the present moment. It's likely about something from your past. Most things are, unfortunately.

Our childhoods, our brain, and childhood, it just hold on to things in a very powerful way until we can go in and change them. Then ask your brain what is this is about. Trust whatever comes up for you. That's the stuff you need to do healing around. Then think about, "Okay, is it time to coach with Lindsay?" Because I know that that's going to be part of the journey. Then once you feel we healed that stuff, you have that process for life, A and two, you're not feeling like you have this huge backpack of weight.

That's when all of this stuff I'm teaching you on the podcast and in my course after we feel, deal, and heal it's like you get so much action, you create so much results. You're on fire because you're not carrying all this emotional baggage and you're not having as many emotional triggers. If something happens to you. Like most times I get a hate email, I'm like, "No big deal, moving on." Because it's not triggering to me. If I was triggered every single time I got a hate email or hate message, or I had a fight with my husband or whatever, I'd be triggered all the time. That's what allows me to keep in this massive action place and have a ton of momentum as I've cleared up all these triggers. Now, new ones will come up along the way, as I said, new level, new devil but then you know how to handle it so it doesn't keep holding you back. If I don't go in and I handle what's going on with me right now, this shit is going to hold me back for a long time. It's going to hold me back. I'm just going to be fuzzy-headed until I deal with it. It's going to slow me down. I'm not going to make great choices, I'm going to lose my relationships, I'm going to show up in a way I don't really want to show up.

Then, it's just going to create more and more-- What do you call it? Feeding my inner mean girl, even more, my inner critic and all that seven inner doubting and sealants, you



can't do it. You can't do it and then she beats me up. Then, I get even more tired and weighed down. It doesn't need to be that way. You know what emotional triggers are. Yes. Hopefully, you can relate to how I'm feeling right now. It's giving you some idea of what it truly feels like. Just know it's an emotional trigger. That's it. There's nothing wrong with you. It's just part of the human experience and you're getting an idea of, "Okay, if I'm experiencing this, it's probably time for me to do some deeper work."

My friends, you got this. I'm in this with you. I'm so hoping this episode helps you today and opens your eyes to seeing that your life doesn't have to be full of emotional triggers and it can be one where you're going after your goals and dreams too and to know too, if you're experiencing or reading or listening to content of like, okay, all you do is X, Y, Z and then you go after your dreams and you start to get really resentful off of that. No, it's because you have a lot of emotional triggers and you've just got to get rid of that because when you're not emotionally triggered, you're in such fast action.

That's where that content just really starts to make sense. It's like, "Okay, got it, Lindsay. Just a little treat. Boom, boom, boom. Got it. Got it. Got it. Got it. Got it." Sending you so much love on your journey and I'd love to help you. As always, links are in the show notes. If you want to apply for a consult call with me so we can talk more about your life, I also have a free four-day training. That's called Accomplish Your Dreams that can help you too. Until I meet you again on the podcast, my friend, all my love and blessings. Bye.

[music]

Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to LindsayEpreston.com/apply to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.