

Guerrilla Peacemaker

Sometimes a trigger event stimulates such an intense physical or emotional response in your body that a quick and easy strategy is necessary to immediately change your negative thinking so as to remain present and focused. Like a guerrilla force you need to make yourself small and adaptable to move through the experience without being big and reactive where you may cause harm to yourself or others.

During a trigger event, if you feel yourself slipping into destructive or punishing behaviors (e.g., criticizing another person, yelling, physically lashing out, obsessive negative thinking, resuming an addiction such as drinking or binging on food, issuing ultimatums, etc.), try doing the opposite and think of ways to build something in the moment and to appreciate the experience.

I feel like I need to be destructive to get what I want = Build

| Trigger Event | Destructive Behavior | What can I <u>build</u> in this moment? |
|--|---|--|
| My co-worker got a promotion with a raise, and I didn't. | I wanted to quit my job. | <ol style="list-style-type: none"> 1. I can practice compassion for myself. 2. I can learn tolerance for discomfort. 3. I can strengthen my ability to witness emotional pain without reacting. |
| A man on a cellphone ran into the back of my car. | I wanted to yell at someone or something. | <ol style="list-style-type: none"> 1. I can practice listening to another person's side of the story. 2. I can experience gratitude that everyone is safe and avoided injury. 3. I can develop patience for dealing with unexpected problems. |

I feel like I need to punish to get what I want = Appreciate

| Trigger Event | Punitive Behavior | How do I <u>appreciate</u> this experience? |
|--|--|--|
| My co-worker got a promotion with a raise, and I didn't. | I wanted to stop taking on projects at work that demanded a lot of my time and energy. | <ol style="list-style-type: none"> 1. I appreciate my boss's expertise. 2. I appreciate that my co-worker is reliable and shows up for work on time. 3. I appreciate that my co-worker has a unique point of view that I may not provide for my boss. |
| A man on a cellphone ran into the back of my car. | I wanted to say something mean to the other driver. | <ol style="list-style-type: none"> 1. I appreciate that the other driver is willing to communicate with me. 2. I appreciate that he wants to be helpful and fix the problem. 3. I appreciate that he brought a new adventure into my humdrum routine. |

Guerrilla Peacemaker Worksheet

I feel like I need to be destructive to get what I want = Build

| Trigger Event | Destructive Behavior | What can I <u>build</u> in this moment? |
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| Trigger Event | Punitive Behavior | How do I <u>appreciate</u> this experience? |
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