

MANAGING TRIGGERS

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Triggers are an emotional part of the recovery process. Managing triggers as a team provides an opportunity to build trust instead of having triggers continually weaken the relationship. This handout identifies the key tasks for both the betrayed partner and the betraying partner to keep the effects of triggers to a minimum.

Betrayed Partner Tasks

1. Self-care
2. Emotional regulation/Self-regulation
3. Expressing needs moderately

Betraying Partner Tasks

1. Provide comfort and reassurance to spouse (use the “[S-U-P-P-O-R-T Model](#)” by Stefanie Carnes)
 - **S – Stop** and give him/her your undivided attention.
 - **U – Understand** where they are coming from (Listen)
 - **P – Provide Empathy** (“That must feel awful.”)
 - **P – Provide Validation** (“It makes sense that you feel that way.”)
 - **O – Openness** (Be open and honest if they have any questions.)
 - **R – Remorse** (Demonstrate remorse and take accountability.)
 - **T – Touch** (Provide physical comfort if partner is open to it.)
2. Work on reliability and thoughtfulness
3. Initiate repair attempts
4. Validate and integrate partner’s thoughts and feelings