

How to Respond to Triggered Lies

Things, people, or circumstances can trigger a lie and mild to very traumatic. A trigger can be something visual (flash of light) or a sound (creak on a step) or a smell (perfume or cologne) or touch. That stimuli then triggers the old lie that came from the old event, and the subsequent feelings are aroused and torment the client. Often the client does not see the connection between the current feeling and the lie from the past event.

How to help the client:

- First When was the first time you felt this feeling?
- Examine this by following the typical history taking methods of identifying feelings and locating beliefs.
 - Ask “what,” “when,” “where,” and “how” questions.
- Second How are the stimuli the same as the old event?
- This is very easy for the client to identify. “It is the same cologne.”
- Third How are the stimuli different than that old event?
- Typically, because they logically know that it is not the same event, the client has been rationalizing the differences as a means of trying to cope with the pain. For example, they rationalize that was then, but this is now, or I am not in that old basement, I am safe, etc. Unfortunately, this never gets to the root of the lie, so the feelings remain.
 - Typical feelings: anxiety, fear, gnawing dread, panic attacks, powerlessness, overwhelmed, confusion, etc.
 - Typical physical responses include sweating, red-faced, hives, hot or cold flashes, racing heart, ringing head, vacant stare (disassociate), fight or flight, etc.
- Fourth Set up a plan to walk by faith for the next time the lie is triggered.
- Includes: Take a break if needed. Leave the room/area, call a friend, go somewhere peaceful to process and pray:)
1. Identify the lie being triggered.
 2. Confess and declare the truth out loud
 3. Pray: Father God,
I agree with Your truth that I am (proclaim the truth).
Thank you, Father, that my life is in your hands.
Thank you, Jesus, that you have made me one Spirit with yourself.
Holy Spirit, I invite you to wash over me and fill me with your peace.
Amen

Therefore, since we have a great high priest who has passed through the heavens, **Jesus the Son of God, let us hold fast our confession.** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us **draw near with confidence to the throne of grace**, so that we may **receive mercy and find grace to help in time of need.**

Hebrews 4:14-16