

# WORDS MATTER

## AVOID COMMON COMMUNICATION TRIGGERS

### Triggers are unique to each person

There are many ways that our brains can be triggered to take us away from our authentic selves and these triggers are usually different from person to person based on individual life experiences. However, when you are in a power position or represent power in a relationship, there are some common triggers that are wise to avoid. Having a positive intent is not enough.

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Avoid any language, sentence construction or tone that sends the message of the following:

- Injustice
- Discrimination or judgement
- Disrespect
- Violation of personal space
- Labeling, shaming, blaming
- Physical threat
- Insult or dismissal
- Misinformation
- Lying, deceit
- Relationship dispute
- Disappointment or disapproval about the nature of your relationship
- Lack of control
- Controlling and correcting

### REMEMBER!

**Remember it isn't whether you think what or how you communicate avoids these triggers, it is what those you are communicating with think.**

*Adapted from: Lakeside Global Institute for Trauma Training <https://lakesidelink.com/training/lgi/>*