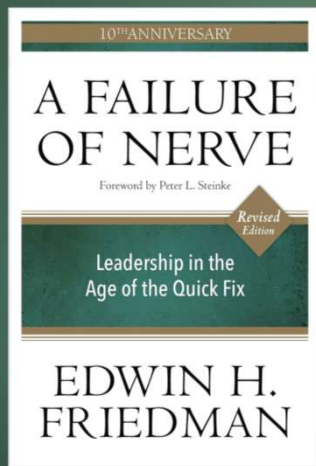




# Triggered

BY JACOB PANNELL

## Self-Leadership and the Non-Anxious Presence

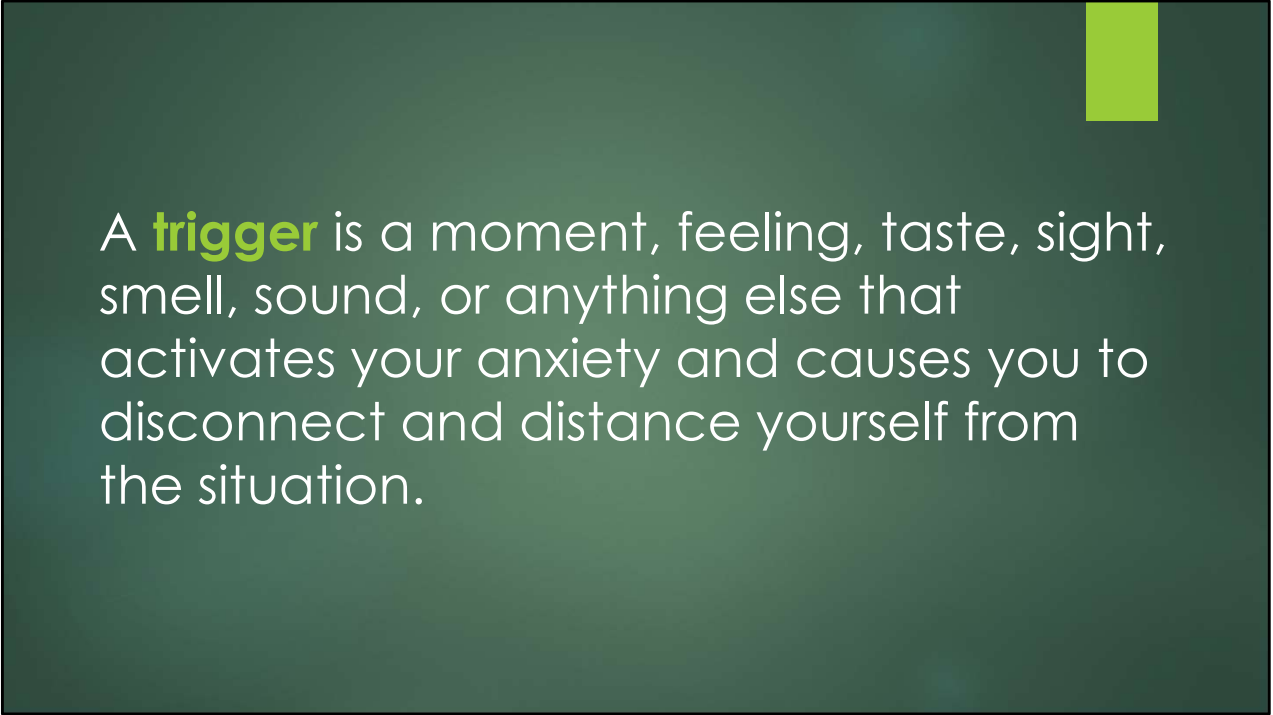


Daniel Kirk is the author of Romans for Normal People

This is what we are going to work on today. Telling different stories. Changing Narratives. In my experience and among others one of the best ways to do this is the Non-Anxious Presence

## Flaws of the Non-Anxious Presence

- ▶ Other people
- ▶ Self-control
- ▶ You have to be there and be vulnerable



A **trigger** is a moment, feeling, taste, sight, smell, sound, or anything else that activates your anxiety and causes you to disconnect and distance yourself from the situation.

What are the physiological and behavioral signs that you have disconnected and distanced yourself?

My Example, going to the library, not sweating, and arms crossed



## Capturing Trigger Moments



One of the keys to exuding a non-anxious presence is knowing that you will get triggered. Obviously, if you are vulnerable then triggering is going to happen. The next step is to realize your anxiety. Instead of repressing, capture the moment for later examination.



# Internal Triggers



# The stories we tell ourselves

What do you think you need that you are not getting?


## Once upon a time...

▶ Mistakes	"Why did I say that... again?"
▶ Blind Spots	"Why didn't I see that?"
▶ Prejudice	"Why can't I let that go?"
▶ Insulation	"Only I can do this!"
▶ The Measuring Stick	"She would never have done that. Why do I?"
▶ Idols	"I need this so I can be okay."
▶ Childhood Vows	"I have always believed that."

Blind Spots come from the shadow side of your strengths

When I try to recover from my blind spot, I come back with a question and that question often creates anxiety rather than reducing it. It does reduce my anxiety but fails to care for the person I am engaging (being present) with.

# Childhood Vows



The diagram is set against a dark green background. In the top right corner, there is a small, solid yellow rectangle. Two vertical yellow lines run parallel to each other, one on the left and one on the right. The left line has a downward-pointing arrow at its base, and the right line has an upward-pointing arrow at its base. Between these two lines, five lines of text are centered. The text describes a process starting from experiences and leading to self-regulation habits that feed a false self.

You have experiences

You make meaning of the experience

You make a vow based on the meaning(s)

Your false self is created

Habits of **un self regulation** become embedded and feed the false self

Childhood vows are the good things we used to protect ourselves and make it to where we are today, but now they are holding us back.

This is a diagram adapted from the work of Steve Cuss on childhood vows



# External Triggers



When a person's actions and words don't match, it creates anxiety for everyone and is a great way for the most anxious person to control a room.

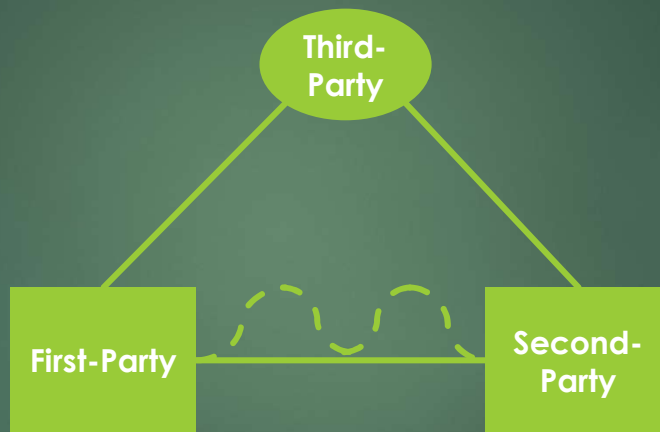
## Double Binds



The Christmas sweater conundrum



# Triangulation



Discomfort is reduced by detouring attention to a third party

## Values Violations



It isn't just the religious values but the unspoken ones like wearing a seatbelt.



# Tools

# Quick hits

- ▶ Prescribe the problem

**Rx the problem**

- ▶ Reversal



- ▶ Absurdity





# Relational Tools

NAME THE DYNAMIC

APOLOGIZE  
AND REPAIR

DOUBLE

NOTICE THE MOMENT

REFRAME

MANAGE  
THE ENERGY

## Name the Dynamic



Naming a dynamic robs it of most of its power and opens it up for evaluation and a new story

## Noticing Movement



Who is moving toward you, and who is avoiding or moving away from you? It is nearly impossible to lead and narrate to someone moving away from you. Focus on the people already moving toward you

Throw pearls to swine.



# Reframing



Changing your perspective can often change almost everything



# Self-Leadership

## Listening to learn



Listening to learn instead of listening to defend

## Give Away the Last Word



Can you give away the last word, even if its hurtful?

## Mistake Recovery



Not just getting back up but how to you get back up.

Do you stagger back up? Come up swinging? Or calmly resume boxing position?

# The Life-Giving List

With Self

☐☐☐☐

With those you love

☐☐☐☐

Working from a healthy place.

What makes you feel alive in healthy way?

Not the alcoholic way but the present with yourself and those you love way?



Like the last set of slides some slides just didn't make the cut. In case those were important slides to you I wanted to give you the descriptions without bogging down the actual presentations

I highly recommend looking at Steve Cuss's work in the Non-Anxious Presence. His work informed a lot of my study for this particular presentation.

## Mistakes



Ever said/done/thought the wrong thing or not done the right thing?

Our mistakes come back to haunt us because we don't want others to make the same mistake. But watch a movie or a TV series and you will see generations repeat the same mistakes because no one ever deals with the anxiety created by their mistakes.



# Blind Spots



What don't you see that you should? Why don't you see it? Can you be more conscientious in the future? What sneaks up on you and why does it keep doing that? Our blind spots are often a result of our strengths. That doesn't mean don't play to your strength, but every strength has a shadow side. What's hiding there? You should check it out.

# Prejudice



Prejudice is helpful until we hold on to it too long. What can't you let go of and why?

# Insulation

## Isolation



## Exceptionalism



Isolation and exceptionalism

# The measuring stick



Who are you measuring yourself by?

If you haven't watched *Suits*, the lead/mentor character's name is Harvey. Harvey is known for winning as a lawyer. Because he wins so often he has gained a reputation for winning in less ethical ways. But the person he measures himself by is his old ethics professor, Gerard, from Harvard Law. The two would get into heated exchanges in class because Harvey never found any evidence for living as ethically as the professor espoused. This all came to a head when the professor came to seek Harvey's aid because Gerard had done something less than the ethics espoused and Gerard needed help. Harvey struggles to help the professor throughout the episode because an idealized Gerard comes in on Harvey's shoulder every time Harvey argues a case coaching or chastising him in what is and isn't ethical.

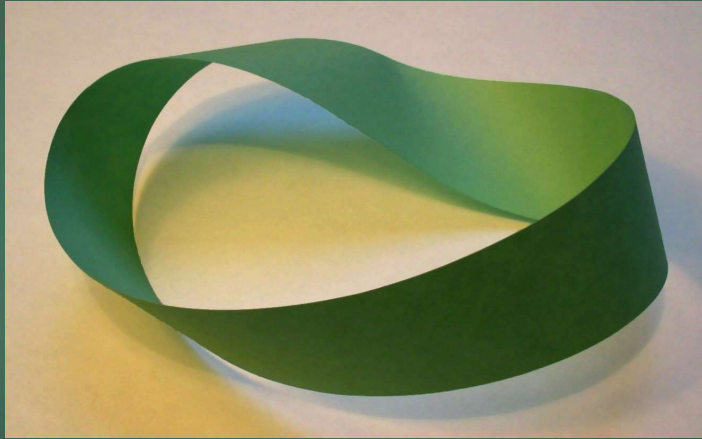
Some of our greatest triggers and failures are when we hear the voices of disapproval from those we look up to. So are you measuring yourself up to an idealized version of someone in your life? Is that cutting you down?

# Idols



An Idol is a thing that you need to be ok so that you can be ok.

# Paradoxes and Phantom Strikes



This is an external anxiety trigger. People can activate or change paradoxes. Möbius strip and the Phantom Menace

The phantom strikes are usually when “a group” is used against without anyone else actually showing up.

# Apologize and Repair



Humble Pie

This is a tool for engaging in an external anxiety

# Doubling



Repeat what you just saw or heard back and see what happens. Most of the time if people are anxious, it makes them more anxious or better yet it shows them you understand them

This is a tool for managing external anxiety



# Managing the Energy



Former UH QB John O'Korn: 'Coogs don't stand a chance' in potential second-round game vs. Michigan ([chron.com](http://chron.com))



What kind of energy does the room have, and how can you catalyze it differently?

This is a tool for managing external anxiety

## Being Vulnerable to lead



[Brené Brown: The power of vulnerability | TED Talk](#)

This didn't make the cut, but I wanted to include Brené Brown's excellent work and video on vulnerability because being a non-anxious presence depends on your ability to be open to others and still not be ruffled. You can read her books or look up Martin Buber's Ich und Du (I and Thou) to get a better picture of what I mean.