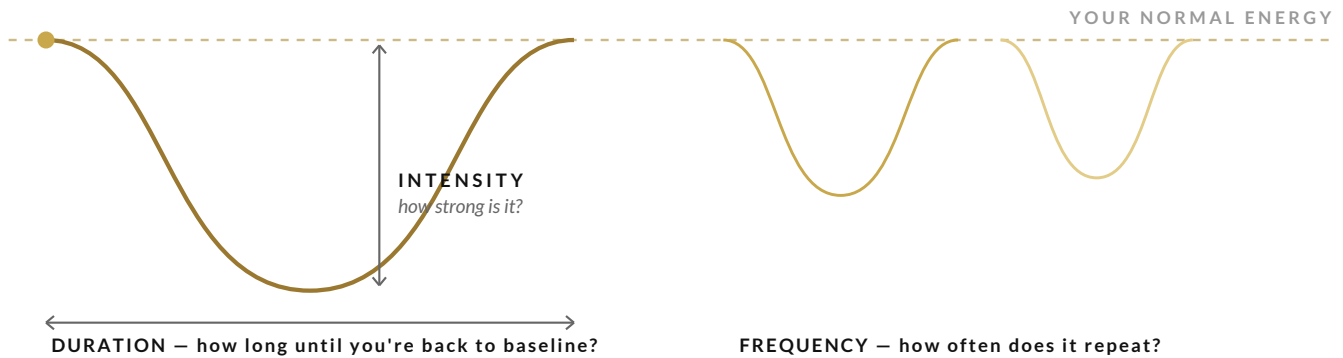


The Energy Dip

Every trigger has a shelf life. Make yours visible — then shrink it.

Jeff created the energy dip as a visual tool for understanding triggers. Each trigger is defined by three factors: how strong it is (intensity), how long it lasts (duration), and how often it happens (frequency). Mapping a trigger turns a vague bad feeling into something you can actually work on.

THE TRIGGER HITS



From the book: for Robert, a hospital medical director, being left out of meetings hit at intensity 7/10, took a day of overthinking to fade, and returned every couple of weeks. Seeing the dip helped him shorten it — coping tools at the ready.

MAP ONE OF YOUR TRIGGERS

A trigger of mine: _____

INTENSITY 1 2 3 4 5 6 7 8 9 10 (circle one)

DURATION minutes hours a day longer (circle one)

FREQUENCY daily weekly monthly rarely (circle one)

Watch for trigger stacking: you're far more triggerable when you're Hungry, Angry, Lonely, or Tired. Check H.A.L.T. before you read too much into a big dip.

SHRINK THE DIP

- **Lower the intensity** — have a calming tactic ready — belly breaths, box breathing, step away.
- **Shorten the duration** — line up coping tools: a walk, a call to someone you trust, writing it down.
- **Reduce the frequency** — address the root — give feedback, set a boundary, resolve the issue.

My plan to shrink this dip:
