Rainbow Map[®]

	Your Emotions?	Your Thoughts?	Your Sensations?	Your Behaviours?	Your Trigger Cycle?
Triggering Down Untriggered Triggering Up	Your Emotions?	Your Thoughts?	Your Sensations?	Your Behaviours? What you notice about yourself?	Your Trigger Cycle?
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Your Trigger Flag (The first thing <u>you</u> notice reliably about yourself as you trigger):

Typical Cycle duration: