





Rainbow Map®

Complete the green band before you work through other bands. Then identify your Trigger Flag (Physical Sensation) before plotting your Trigger Cycle and duration.

	Emotions	Thoughts	Sensations	Behaviours	Trigger Cycle
Triggering Up ↗	2?	4?	6?	8? 	
Untriggered	1	3	5	7 	
Triggering Down ↘	A	C	E	G 	
	B?	D?	F?	H? 	

Your Trigger Flag (The first thing you notice as you begin to trigger):

Typical Cycle duration: