

# Rainbow Map®

	Your Emotions?	Your Thoughts?	Your Sensations?	Your Behaviours?	Your Trigger Cycle?
Triggering Up →					
Untriggered	♥	🧠	🧑	What you notice about yourself?	
Triggering Down ←					

Your Trigger Flag (The first thing you notice reliably about yourself as you trigger):

Typical Cycle duration: