

Triggers Whoa

Posted by ewards - 29 Jun 2014 22:06

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Had a trigger last nite and I didn't react but thinking bout it need to get it off my mind thought id

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Re: Triggers Whoa

Posted by dms1234 - 01 Jul 2014 07:00

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try posting

FIRST OFF: CALM DOWN! The more you give the thought attention: the more you it will drive you nuts. Try to change the topic and focus on something else

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Re: Triggers Whoa

Posted by ewards - 01 Jul 2014 16:32

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you are correct I have pretty much forgotten it LOL till i read this post LOL but thanks for the encouragement I don't want to mess up I feel better and am more focused and relaxed LOV IT

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