Practice Corner Workbook

Trigger vs Intuition: Practical Drills to Break Avoidance Loops and Detox TikTok Myths

A professional, pen friendly workbook built from the Practice Corner article. Use it to slow urgency, separate sensation from story, and choose responses that expand your life.

Designed for readers who want skill based change without clinical jargon. You can use it alone or alongside therapy.

Quick start
1. Pick one drill for today.
2. Practice for ten minutes.
3. Write one sentence about what you learned.
4. Repeat for seven days.

Inside this workbook	You will practice
Signal, Story, Skill	Pausing and choosing a small wise step
Aftertaste Test	Telling trigger energy from intuition energy
Interoception Map	Naming sensations and needs without panic
Safety Behavior Audit	Spotting subtle avoidance that looks responsible
Approach Ladder	Building freedom through safe micro steps
Clarifying Questions	Replacing mind reading with real data
Repair Script Builder	Practicing calm repair and boundaries
Values Compass	Choosing integrity over urgency
TikTok Friction Log	Creating space between content and conclusions

Your name	Start date	End date

Version date: February 02, 2026

How to Use This Workbook

This workbook is meant to feel like a calm room in the middle of a loud internet. The goal is not to never feel activated. The goal is to become the kind of person who can feel activation and still choose wisely.

You will see plenty of space to write. That is intentional. Insight is useful, but integration happens when you practice. Each drill is short enough to do on a normal day and structured enough to repeat.

> If you are in a situation with threats, coercion, stalking, physical violence, or consistent retaliation for boundaries, prioritize safety and support first. A workbook is not a substitute for protection.

A simple workflow that works for most people:

Step	What you do	What you get
1	Notice activation and pause for ninety seconds	Urgency drops so you can think
2	Run one drill from the pages that follow	A clearer read on trigger versus intuition
3	Choose the smallest next action that protects you	Less regret, more self trust
4	Record one result and one lesson	Your brain learns through evidence

My intention for this week (one or two sentences)

My boundaries with mental health content (what I will do when I feel hooked)

Trigger vs Intuition: A Clean Comparison

A trigger is a learned alarm response. It can be intense and convincing, but it is often shaped by past learning, stress, or attachment wounds. Intuition is fast pattern recognition that tends to feel clearer and more grounded. Both can show up at the same time, which is why we practice.

Feature	Trigger	Intuition
Body feeling	Spiky, urgent, tight, flooded	Quiet, steady, clear, alert
Thought style	Tunnel vision and worst case certainty	Simple knowing with a wider view
Time pressure	Feels like it must happen now	Can wait and verify
Goal	Relief through escape	Truth through clarity
Aftertaste	Rumination, shame, confusion	Groundedness, self respect, calm clarity

A practical rule you will use throughout the workbook:

Activation is data, not a decision. When your body spikes, you pause. Then you interpret. Then you choose.

Personal signs	Body cues	Thought cues	Behavior urges
Trigger			
Intuition			

One situation this week where I want to practice pausing

The Avoidance Loop and the Detox Rule

Avoidance is not only leaving. It can be reassurance scrolling, rewriting a message twenty times, checking, delaying, over explaining, or disappearing. It works fast, which is why the brain loves it. Relief becomes the teacher and the loop repeats.

Here is the loop in one line. Read it slowly, then circle the place you want to interrupt first.

> Activation → Story → Avoidance → Relief → Stronger activation next time

The detox rule is simple and powerful:

> No irreversible decisions while flooded. If you feel urgent, you delay big moves. You do one small skill first. Clarity improves when urgency drops.

Use the mini checklist below anytime a video, a message, or a moment tries to make your body decide for you.

Check point	Question	If yes
Urgency	Do I feel pressured to decide right now	Pause for ninety seconds and breathe slowly
Evidence	Do I have facts or only fears	Ask one clarifying question or wait for more data
Boundary	Can I protect myself with a small boundary	Choose the smallest boundary that honors you
Values	What choice fits who I want to be	Take one value based action and record it

Common avoidance moves	How they show up	Interruption point to practice

Baseline Check In: Track Your Loop

Fill this page for three days. If you want to start today, fill it from today onward. The goal is simple: see what actually happens after activation, not what your mind predicts.

Day	Triggering situation	What I did next	Relief 0 to 10	Regret later 0 to 10	World expanded or shrank

When you finish, circle one pattern you want to change. It can be tiny. Tiny changes become freedom.

Drill 1: Signal, Story, Skill in Ninety Seconds

This is your emergency brake. You name the body signal, you name the mind story, then you choose one small skill that lowers urgency. You are not arguing with your feelings. You are leading them.

Practice it once when you are calm, then use it in real moments.

Moment	Signal (body only)	Story (mind claim)	Skill (small wise step)	Result after ten minutes

Drill 2: The Aftertaste Test

Triggers often taste like urgency and rumination. Intuition often tastes like grounded clarity. This drill helps you detect the difference by checking what remains after the first wave.

Question	More like a trigger	More like intuition
Does it demand speed	Yes, it feels like now or never	No, it can wait and verify
Does the story multiply	Yes, it spirals into scenarios	No, it stays simple
Does it chase relief	Yes, escape looks like the answer	No, truth looks like the answer
How does it feel later	Shame, rumination, confusion	Calm clarity, self respect

Write one real example below. Keep it short. The point is to build a personal library of evidence.

Situation	My body	My story	Aftertaste later	What I will try next time

A sentence I can repeat when urgency hits

Drill 3: Interoception Map

This drill makes the body readable again. You map sensation into neutral words and a simple intensity rating. Do it once daily for five minutes, ideally when you are not in crisis.

Body area	Sensation word	Intensity 0 to 10	Emotion guess (optional)	One need (one sentence)
Jaw				
Throat				
Chest				
Stomach				
Hands				
Legs				
Whole body				

What changed after I met one practical need (water, food, rest, quiet)

Drill 4: Safety Behavior Audit

Safety behaviors are subtle moves that reduce anxiety quickly but can keep the fear learning alive. This audit helps you spot the invisible avoidance that looks like being careful.

Situation	My safety behavior	Fear it tries to prevent	Short term reward	Long term cost	One gentle reduction

Drill 5: The Approach Ladder

To break avoidance loops, you practice safe approach in small steps. Choose one area where avoidance shows up, then build five steps from mildly uncomfortable to challenging but safe.

Step	Situation	Predicted fear	Skill I will use	What I learned
1				
2				
3				
4				
5				

Arrow rule: small approach → new data → more confidence → more freedom.

Drill 6: Clarifying Question Rehearsal

This drill replaces interpretation with information. You practice one clarifying question before one major conclusion.

Trigger moment	My automatic story	Clarifying question	Boundary option if needed	Data I learned

Drill 7: Repair Script Builder

Healthy relationships can include friction. The question is whether repair is possible. Craft one sentence that invites clarity and sets a calm limit if needed.

Situation	What I felt	What I need	Repair sentence in my words	If it escalates I will

One boundary sentence I can say without explaining too much

Drill 8: Values Compass

Avoidance is often fear based. Values choices are integrity based. Choose one brave, small action that fits who you want to be, even with discomfort present.

Situation	Fear driven move	Value I want to live	One brave small action	How I want to feel later

Drill 9: TikTok Friction Log

This is not a ban. It is friction. You pause between content and conclusions so your nervous system does not get trained by certainty entertainment.

Scroll moment	Content theme	My body response	Myth hook that grabbed me	Skill I used	Result

After three videos, ask: do I feel more capable or more fragile. If fragile, end the session gently.

Seven Day Practice Plan

This plan gives you structure without pressure. Choose the drills you need. Repeat the week as many times as you like.

Day	Core practice	Time	One thing to record
1	Baseline check in plus Drill 1 once	10 to 15 min	One activation moment and what you did
2	Drill 3 interoception map	5 min	One sensation and one need
3	Drill 4 safety behavior audit	10 min	One behavior to soften by ten percent
4	Drill 2 aftertaste test	5 min	Trigger or intuition clues you noticed
5	Drill 5 approach ladder step 1	10 to 20 min	Prediction versus what actually happened
6	Drill 6 clarifying question rehearsal	5 to 10 min	Data you learned from asking
7	Drill 8 values compass	10 min	One value based action and its aftertaste

Daily arrow routine: Signal → Name → Breathe → Ask → Choose → Record

My one focus for the next seven days

Weekly Review and Notes

Use this page at the end of the week. Your brain learns when you name what changed. Keep your answers honest and kind.

Reflection prompt	My notes
What situations activated me most this week	
What stories showed up repeatedly	
Which drill helped the most	
What did I do that expanded my world	
What is one small adjustment for next week	

Personal cues and tools

My top body cues	My best skills in the moment	My best boundaries

Notes

Use this page for anything that does not fit in a box: patterns, wins, boundary drafts, or questions for your therapist.

Free notes