

# Trigger Digger Do

## 1. Trigger

What makes you angry, disappointed, confused, sad?

Write this down in one short statement

Take out non-essential words.



You do not listen!



I do not listen

You do not speak!

You do listen!

## 2. Digger

Is it true?

Are you absolutely sure it is true?

What do you believe about the other person if this is true?

How do you respond if you believe this is true? .

Flip your statements around

Change to opposite, self, or other

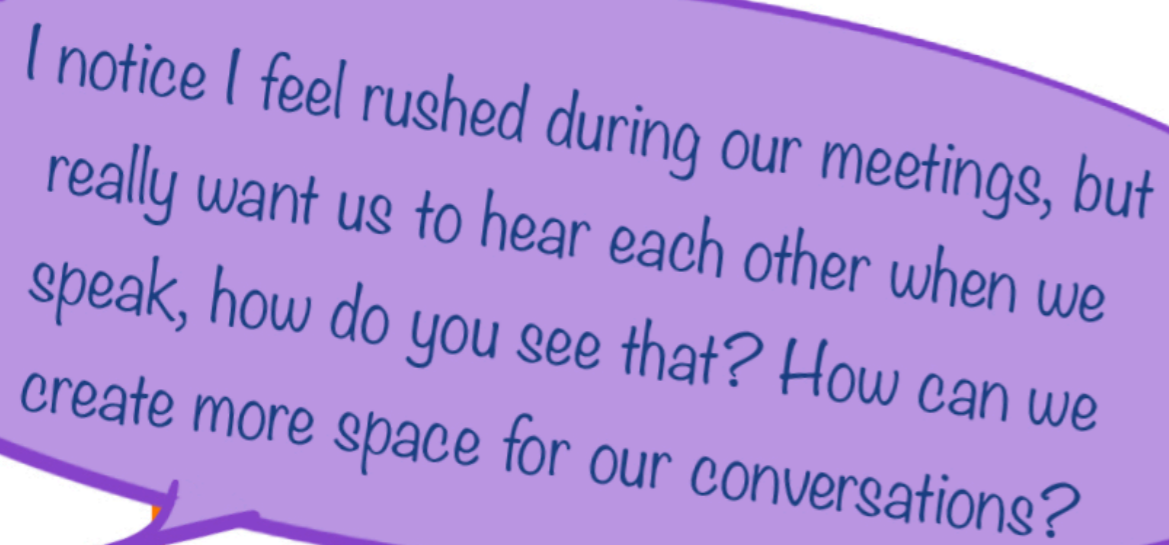
How is each of the statements true?

## 3. Do

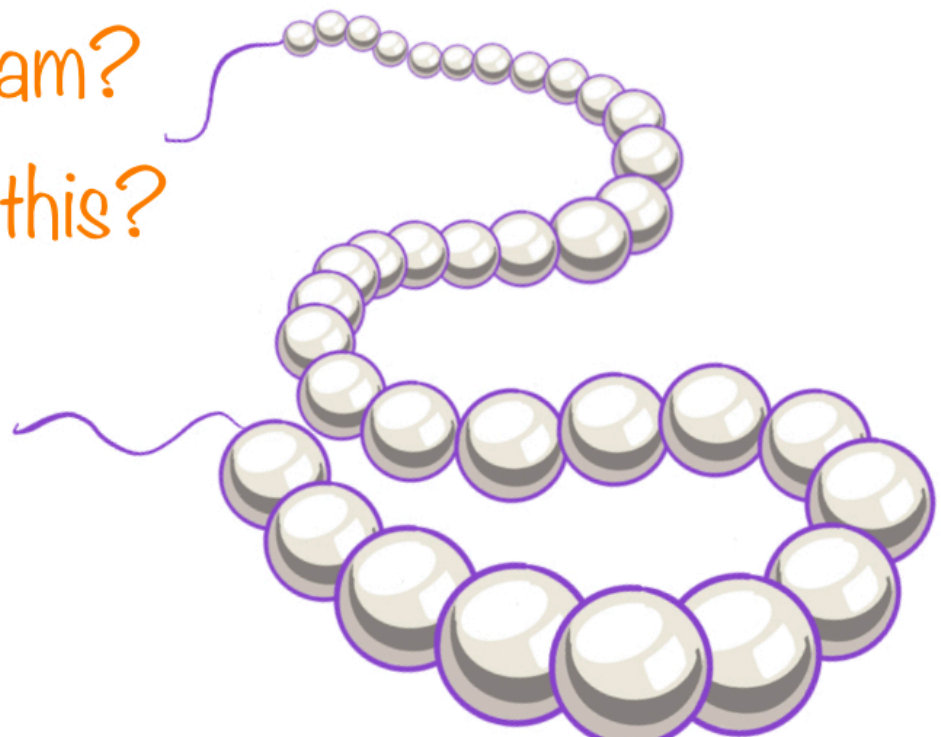
What does this mean for you?

How could this value your team?

How could you communicate this?



I notice I feel rushed during our meetings, but really want us to hear each other when we speak, how do you see that? How can we create more space for our conversations?



Trigger, digger, do was inspired by 'how to end the stories that screw up your life' by Ernest Hemingway & the work of Byron Katie