

## Rainbow Map® Aide-Memoire

	Emotions & Wishes? 2?	Styles of Thinking & Typical Thoughts? 4?	Physical Sensations & Physical Mannerisms? 6?
Hyper Triggered	<p><b>I feel consumed by:</b> fury, hatred, loathing, dread, disgust, anguish, misery, disgrace, pity, insecurity, uncertainty...?</p> <p><b>I feel compelled to:</b> pursue, control, destroy, annihilate, disable, extinguish, avenge, end, escape, survive, hide, cling, grasp, lock in/out, evangelise, rescue, envelop, swear, scream...?</p>	<p><b>My typical styles of thinking might include:</b> catastrophising, paranoia, volatility, condemning self/others, turmoil, fixation...?</p> <p><b>My typical thoughts might be:</b> You're lying, this will never end, you never listen, I'll never get over this, no one understands me, I'll never trust again, you're going to leave me, you'll never change, it's all my/your fault, this is a disaster, it's never right, I'll be found out...?</p>	<p><b>Head, Jaw, Mouth, Throat:</b> Pulsating, taut, constricted, parched...? <b>Shoulders, Chest:</b> Rigid, exploding...? <b>Breathing</b> panting, heaving..? <b>Heart:</b> pounding..? <b>Stomach:</b> cramping, twisting..? <b>Muscles:</b> bursting..? <b>Skin &amp; Temp:</b> clammy, boiling..? <b>Energy:</b> explosive..? <b>Eyes:</b> bulging, streaming..? <b>Face:</b> screwed up, snarling..? <b>Hands/fingers:</b> clenched, jabbing..? <b>Posture:</b> rigid..? <b>Movement:</b> convulsive..? <b>Voice</b> (volume, pitch, cadence): very loud, low, high, grating, faster, slower..?</p>
Hyper Triggering	1	3	5
	<p><b>I feel increasingly:</b> angry, frustrated, resentful, pissed off, unloved, fearful, frightened, insecure, anxious, disgusted, rejected, saddened, let down, deserted, confused, ashamed, humiliated, exposed, incomplete, ignored, .....?</p> <p><b>I increasingly want to:</b> attack, punish, retaliate, endure, avoid, stabilise, contain, double check, clean, organise, clarify, hide, change, resolve, understand, recover, re-connect, forgive, explain, hold, compromise ...?</p>	<p><b>My typical styles of thinking become increasingly:</b> pessimistic, critical of self/others, suspicious, untrusting, judgemental, inflexible, one sided, spiralling up/down, narrow, repetitive, resigned...?</p> <p><b>My typical thoughts might be:</b> here we go again, listen to me, this isn't fair, why me? stop lying, you don't care, I don't care, why bother, it's not worth the fight, you won't change, this is getting out of hand, no one understands .....?</p>	<p><b>Head, Jaw, Mouth, Throat:</b> buzzing, clenching, closing, grinding, dry..? <b>Shoulders, Chest:</b> Rising, heavy..? <b>Breathing:</b> holding, faster, erratic..? <b>Heart:</b> beating, thumping..? <b>Stomach:</b> tight..? <b>Muscles:</b> energised, stiffening..? <b>Skin &amp; Temp:</b> clammy, warm..? <b>Energy:</b> rising, volatile..? <b>Eyes:</b> glaring, narrowed, crying..? <b>Face:</b> creasing..? <b>Hands/fingers:</b> closing..? <b>Posture:</b> assertive, angular..? <b>Movement:</b> jittery, inhibited..? <b>Voice</b> (volume, pitch, cadence): louder, lower, higher, faster, slower..?</p>
Untriggered	♥	☺	🧑
	<p><b>I typically feel:</b> protected, secure, supported, happy, loved, mild peaceful, fulfilled, contented, connected, safe, at ease, aligned....?</p> <p><b>I want to:</b> sustain, build, repeat, deepen, extend, grow, retain, share, collaborate, connect, strengthen...?</p>	<p><b>My typical styles of thinking include:</b> openness, creativity, reflection, optimism, forgiveness, tolerance, consideration....?</p> <p><b>My typical thoughts might be:</b> how can I help, this is working, I am looking forward to that, I'm not that fussed, what do you want to do, good idea, lets plan our next....?</p>	<p><b>Head, Jaw, Mouth, Throat:</b> relaxed..? <b>Shoulders, Chest:</b> relaxed, easy..? <b>Breathing:</b> steady, rhythmic..? <b>Heart:</b> unobtrusive..? <b>Stomach:</b> comfortable..? <b>Muscles:</b> relaxed..? <b>Skin &amp; Temp:</b> ok..? <b>Energy:</b> controlled..? <b>Eyes:</b> neutral..? <b>Face:</b> relaxed..? <b>Hands/fingers:</b> open..? <b>Posture:</b> open..? <b>Movement:</b> relaxed, easy..? <b>Voice</b> (volume, pitch, cadence): normal, relaxed, steady..?</p>
Hypo Triggering	A	C	E
	<p><b>I feel increasingly:</b> rejected, defeated, frightened, vulnerable, lost, lonely, isolated, uncomfortable, avoidant, hidden, distant, listless, dull, dejected, ashamed, humbled, reticent, guilty, dishevelled, forlorn, forgotten, deflated, derelict ...?</p> <p><b>I increasingly want to:</b> avoid, evade, shun, deflect, abstain, recoil, withdraw, retreat, stop, recover, reconnect, be understood, pull away, be noticed, be supported, forget, hide...?</p>	<p><b>My typical styles of thinking become increasingly:</b> pessimistic, despondent, negative, critical of self/others, defeatist, narrow minded, untrusting, repetitive, inflexible...?</p> <p><b>My typical thoughts might be:</b> leave me alone, don't talk to me, it's hopeless, I'm exhausted, there's no escape, I feel drained, I can barely hold myself together, why me, why can't you understand me, I'm lonely...?</p>	<p><b>Head, Jaw, Mouth, Throat:</b> slack, loose..? <b>Shoulders, Chest:</b> slumped, sagging, empty..? <b>Breathing:</b> shallow, intermittent..? <b>Heart:</b> unobtrusive..? <b>Stomach:</b> queasy..? <b>Skin &amp; Temp:</b> crawling, cooling..? <b>Muscles:</b> weak, sluggish..? <b>Energy:</b> low, insufficient..? <b>Eyes:</b> wavering, empty, crying..? <b>Face:</b> drained, pallid, immobile..? <b>Hands/fingers:</b> closing..? <b>Posture:</b> slumped..? <b>Movement:</b> clumsy, slow..? <b>Voice</b> (volume, pitch, cadence): quiet, lower, dulled..?</p>
Hypo Triggered	B?	D?	F?
	<p><b>I feel consumed by:</b> apathy, desperation, paralysis, isolation, contempt, revulsion, bereavement, heartbreak, humiliation, disgrace...?</p> <p><b>I feel compelled to:</b> disappear, disconnect, escape, immobilise, smother, deaden, end, desensitise, surrender, submerge, fade away, be swallowed up, disappear...?</p>	<p><b>My typical styles of thinking might include:</b> paranoia, catastrophising, hopelessness, confusion, disorientation, condemnation of self/others, total avoidance, total fixation, constant looping, rejection of self. ....?</p> <p><b>My typical thoughts might be:</b> this is agony, I have no feelings, I've been abandoned, everything has been taken from me, there is nothing left, I'm nothing, I'd be better off dead....?</p>	<p><b>Head, Jaw, Mouth, Throat:</b> numb...? <b>Shoulders, Chest:</b> collapsed, caved in..? <b>Breathing:</b> laboured, shallow...? <b>Heart:</b> unobtrusive...? <b>Stomach:</b> nauseous...? <b>Skin &amp; Temp:</b> senseless, cold...? <b>Muscles:</b> feeble...? <b>Energy:</b> depleted...? <b>Eyes:</b> empty, expressionless, dry...? <b>Face:</b> expressionless...? <b>Hands:</b> closed...? <b>Posture:</b> collapsed...? <b>Movement:</b> exhausted...? <b>Voice</b> (volume, pitch, cadence): whisper, feeble, laboured ...?</p>