




Rainbow Map®

Complete the green band before you work though other bands (hyper and/or hypo?). Then identify your Trigger Flag (Physical Sensation or Mannerism) before plotting your Trigger Cycle and duration.

	Emotions & Wishes	Styles of Thinking & Typical Thoughts	Physical Sensations & Mannerisms	Trigger Cycle
Hyper Triggered	2?	4?	6?	
Hyper Triggering	1	3	5	
Untriggered				
Hypo Triggering	A	C	E	
Hypo Triggered	B?	D?	F?	

Your Trigger Flag (The first physical Sensation or Mannerism you notice as you begin to trigger):

Typical Cycle Duration: