

Week 3: What Your Body Kept Safe for You

Day 4: Triggers Are Memories, Not Overreactions

Listen with Tay: Tay will record this day's reading herself.

Scripture: "When you pass through the waters, I will be with you." (Isaiah 43:2)

A trigger is not weakness. It is a memory waking up in your body. When something in the present resembles past danger, even faintly, your body says, last time this happened, we were hurt. I am getting ready to protect us.

That reaction is automatic. It was written into you before you had words to argue with it. You cannot think your way out of a body alarm, which is why "just calm down" has never worked on you, and why that has never been your fault.

You are not responding to the moment in front of you. You are responding from the version of you who did not survive that moment the first time. She deserves your tenderness, not your scolding. As Tay says, "Your body is trying to rescue you, not embarrass you."

Gentle prompt: Think of your most common trigger. Finish this sentence: my body may be remembering when...

Prayer: God, when the past knocks loud in the present, be the calm voice underneath it. Remind my body that the danger is over and You are here. Amen.