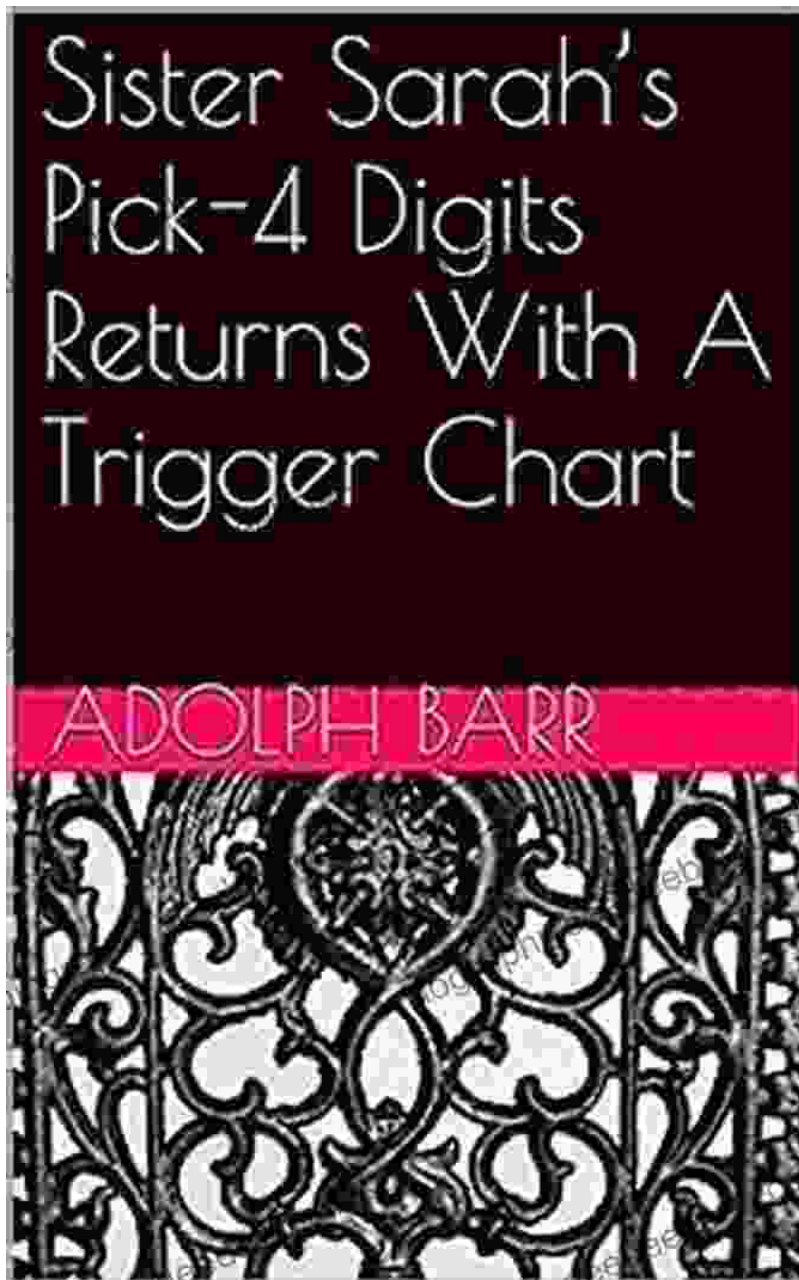


Sister Sarah Pick Digits Returns With Trigger Chart

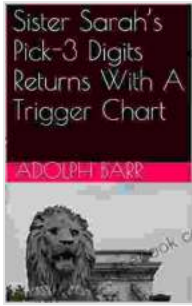


Sister Sarah's Pick-3 Digits Returns With A Trigger

Chart by Adolph Barr

★★★★★ 5 out of 5

Language : English



File size	: 437 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 20 pages
Lending	: Enabled
Hardcover	: 230 pages
Item Weight	: 1.05 pounds
Dimensions	: 6 x 0.56 x 9 inches



Sister Sarah Pick Digits, the renowned tarot reader and astrologer, is back with a brand-new Trigger Chart. This innovative tool is designed to help you identify your triggers and develop strategies for managing them.

Triggers are anything that can set off a strong emotional reaction. They can be people, places, things, or even thoughts. When you're triggered, you may feel angry, sad, anxious, or overwhelmed. You may also experience physical symptoms, such as a racing heart or shortness of breath.

Triggers can be difficult to deal with, but they don't have to control your life. With the help of the Trigger Chart, you can learn to identify your triggers and develop strategies for managing them.

How to Use the Trigger Chart

The Trigger Chart is a simple but powerful tool that can help you understand your triggers and develop strategies for managing them. To use the chart, simply follow these steps:

1. Identify your triggers. What are the people, places, things, or thoughts that trigger your strong emotional reactions?
2. Once you've identified your triggers, write them down in the chart.
3. For each trigger, identify the emotional reaction that it triggers.
4. Finally, develop strategies for managing your triggers. These strategies can include things like avoiding your triggers, changing your thoughts about your triggers, or developing coping mechanisms for dealing with your triggers.

Benefits of Using the Trigger Chart

The Trigger Chart can provide a number of benefits, including:

- **Increased self-awareness:** The Trigger Chart can help you become more aware of your triggers and how they affect you.
- **Improved emotional regulation:** By understanding your triggers, you can develop strategies for managing your emotions and preventing them from spiraling out of control.
- **Reduced stress and anxiety:** Triggers can be a major source of stress and anxiety. By learning to manage your triggers, you can reduce your stress levels and improve your overall well-being.
- **Improved relationships:** Triggers can damage relationships. By understanding and managing your triggers, you can improve your relationships with others.

Sister Sarah Pick Digits

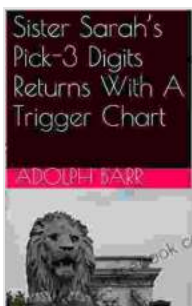
Sister Sarah Pick Digits is a renowned tarot reader and astrologer with over 30 years of experience. She is the author of several books, including "The Ultimate Guide to Tarot Reading" and "The Astrology of You and Me." Sister Sarah is also a regular contributor to magazines and websites, and she has appeared on numerous radio and television shows.

Sister Sarah is passionate about helping people understand themselves and their lives. She believes that the Trigger Chart can be a powerful tool for self-discovery and personal growth.

The Trigger Chart is a valuable tool that can help you understand your triggers and develop strategies for managing them. By using the chart, you can increase your self-awareness, improve your emotional regulation, reduce your stress and anxiety, and improve your relationships.

If you're ready to take control of your triggers and live a more fulfilling life, order your Trigger Chart today.

Order Your Trigger Chart Today



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