



## Annie Brook: Breaking Free from Relationship Triggers



Annie is a body psychotherapist, author, and has helped hundreds of families, couples, and children to become resilient and to thrive. Discover the neuroscience behind emotional triggers and how to embody more ease and compassion to better navigate difficult conversations in relationships.

**TOP EMBODIMENT TIP:** Take a breath, engage instead of withdraw, and find that balance.

### Brain States and “Need Shock”:

- When we lose our sense of Self, we get into trouble in relationships.
- We need to learn about “brain states” that were created from the ages of 0-18 months old.
- Types of Needs:
  - Physical
  - Emotional
  - Mental
  - Relational
  - Spatial

### How Triggers Hijack our Ability to Stay Connected:

- We need to uncover our hidden stories.
- Different types of early events (C-section, mother’s health, early surgeries) can create dysregulation.
- Early unidentified unmet needs can show up as triggers in adult life.

### Tools to Help Us Self-Regulate:

- Slow down
- Pause
- Breathe to create inner movement
- Look around and ground yourself
- Yield
- Balance Your tone

### Resources

- ❖ **Courses:** Relationship Ready
- ❖ **Website:** [Annie Brook](#).
- ❖ **Instagram:** [@anniebrooktherapy](#)
- ❖ **Facebook:** [The Brooks Institute; Engaged Somatics](#).



## Annie Brook





## All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

**Love and Rage Embodiment Training** [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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