

Title: **“Triggered ‘Positive’ Thoughts and Emotions, Guidance from Holy Spirit Vs Triggering”**

January 19, 2026

Greetings all,

Just a quick note to let you know about two re-posted, dramatically updated essays discussing triggered “positive” content and how to discern the difference between guidance from the Holy Spirit and triggering. (Available as free download from the Special Subjects/Advanced Topics section of the Resources page <https://www.immanuelapproach.com/special-subjectsadvanced-topics/>)

I have included a combination of outlines and excerpts, below, as an appetizer.

Blessings,

Dr. Lehman/Karl

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Guidance from Holy Spirit Vs Triggering

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I. Triggered negative thoughts, emotions, and behaviors:

II. Triggered “positive” thoughts, emotions, and behaviors:

III. Triggered emotions mistaken for guidance from the Holy Spirit:

IV. Discerning between triggering and guidance from the Holy Spirit: The good news is that it is reasonably easy to tell the difference between triggered emotions and true guidance from the Holy Spirit once you learn to recognize both triggered negative emotions and triggered positive emotions.

A. Check in the Spirit vs Triggered Negative Emotions:

B. Leading of the Spirit vs Triggered Positive Emotions:

C. Check your relational circuits:

V. Neutralizing discernment impairment from triggering:

Triggered “Positive” Thoughts and Emotions

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I. What is “positive” triggering?: Positive-triggering thoughts and emotions will be produced by anything in the present that comforts, covers, or counter-acts the pain in traumatic memories. The triggered “positive” thoughts will be the opposite of the lies anchored in the trauma, the triggered “positive” emotions will be the opposite of the emotions usually associated with the lies, and positive-triggering behaviors are any behaviors that we deliberately engage in as we pursue triggered positive thoughts and emotions....

II. Impaired discernment and balance: Just as we feel subtle (or not so subtle) forces *pushing us away* from situations that trigger *negative* thoughts and emotions, we feel subtle (or not so subtle) forces *attracting us towards* situations that trigger *positive* thoughts and emotions. Unfortunately, this attraction towards situations that trigger positive thoughts and emotions will impair our discernment and interfere with appropriate balance, drawing us into making poor decisions and causing us to neglect/harm ourselves and/or others as we pursue the temporary relief and/or gratification produced by the triggered positive thoughts and emotions....

III. Push away from the negative and pull towards the positive:

IV. Compulsive and addictive behaviors are often triggered behaviors:

V. Triggered emotions mistaken for guidance from the Holy Spirit:

VI. Child ego states:

VII. Additional examples of triggered positive thoughts, triggered positive emotions, and positive-triggering behaviors:

VIII. Reducing trauma reduces the problem:

IX. Positive triggering provides clues regarding underlying wounds and lies:

X. Healthy, *truth-based* positive associations and emotions: