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Overcoming Anger In Your Relationship

For a comprehensive list of triggers, keep a journal of your experiences and add as many examples as you can. 6.

Overcoming Triggers and Cravings. To better respond to triggers and cravings, you need to identify them and understand them.

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Various triggers will require unique strategies to manage, so overcoming them is not a one-size-fits-all ...

Understanding and Overcoming Cravings and Triggers

Juno in Libra wants a partner who is elegant, graceful, charming. Your partner is often drawn to art and they often make art themselves, too. Juno in Libra sees marriage as partnership and union. Libra wants harmony and balance, and the same is true for Juno in Libra. With this placement, you need to be an equal partner in your relationship.

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