

EXERCISE:

Getting Emotionally Hooked

Using the Story Rumble Glossary, pick two emotions that you want to explore.

First Emotion:

When I experience _____,

I'm feeling (Affect /Emotion):

How's my body responding?

Where am I physically feeling this?

I'm thinking (Cognition):

Is there a thought constantly looping in my mind?

What's my go-to thought process?

I do / I act (Behavior):

What's the first thing I want to do?

What's the only thing I want to do?

Second Emotion:

When I experience _____,

I'm feeling (Affect /Emotion):

How's my body responding?

Where am I physically feeling this?

I'm thinking (Cognition):

Is there a thought constantly looping in my mind?

What's my go-to thought process?

I do / I act (Behavior):

What's the first thing I want to do?

What's the only thing I want to do?

Note: Anger is what we consider a secondary emotion. It's usually masking other emotions.

Using the Story Rumble Glossary, write down the names of all of the emotions that often show up as anger for you.

COURAGE *works*

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