

# PULL YOURSELF OUT OF A FUNK

Write out the stages of your emotions with your new resulting action:

TRIGGER

INTERNAL MONOLOGUE

EMOTIONAL RESPONSE

NEW RESULTING ACTION

NEW AFTERMATH

If I am triggered & already suffering, I can:

ASK MYSELF

USE THAT INFORMATION  
TO FIGURE OUT

GO TO MY STATEMENT

FORCE MYSELF INTO

CHANGE MY

Creating a statement

This is the statement that is more powerful than my internal monologue.

Knowing what to do

What are things I can do in advance of these things happening?