

SHUTTING DOWN

**your negative
voice within**



When shutting down your negative voice within, knowledge and awareness are your best defenses against getting lured into an emotional fog. We are going to take a closer look at a few of these negative emotions that can trap us and lead us into believing their fake stories and false rewards.

anger/resentment

Anger and resentment are strong feelings of annoyance, displeasure or hostility.

The Story I Make Up

Think of a time you felt anger/resentment and describe it (including the players, situation and actions that led you to anger/resentment). In other words, what triggered it?

What's REALLY Going On?

Describe that same situation using just facts, not feelings. Remember, we give meaning to events. In other words, what did that event REALLY mean?

Looking Ahead:

Next time I feel anger/resentment I will...

overwhelmed

A feeling of being overcome completely in mind or a feeling of being defeated, inundated or drowned.

The Story I Make Up

Think of a time you felt overwhelmed and describe it (including the players, situation and actions that led you to overwhelmed). In other words, what triggered it?

What's REALLY Going On?

Describe that same situation using just facts, not feelings. Remember, we give meaning to events. In other words, what did that event REALLY mean?

Looking Ahead:

Next time I feel overwhelmed I will...

complacency

Complacency is self-satisfaction accompanied by unawareness of actual dangers or deficiencies.

The Story I Make Up

Think of a time you felt complacency and describe it (including the players, situation and actions that led you to complacency). In other words, what triggered it?

What's REALLY Going On?

Describe that same situation using just facts, not feelings. Remember, we give meaning to events. In other words, what did that event REALLY mean?

Looking Ahead:

Next time I feel complacency I will...

guilt

Feeling like you deserve blame for offenses.

The Story I Make Up

Think of a time you felt guilt and describe it (including the players, situation and actions that led you to guilt). In other words, what triggered it?

What's REALLY Going On?

Describe that same situation using just facts, not feelings. Remember, we give meaning to events. In other words, what did that event REALLY mean?

Looking Ahead:

Next time I feel guilt I will...

worry/anxiety

A feeling of agitation resulting from concern—usually for something impending or anticipated.

The Story I Make Up

Think of a time you felt worry/anxiety and describe it (including the players, situation and actions that led you to worry/anxiety). In other words, what triggered it?

What's REALLY Going On?

Describe that same situation using just facts, not feelings. Remember, we give meaning to events. In other words, what did that event REALLY mean?

Looking Ahead:

Next time I feel worry/anxiety I will...