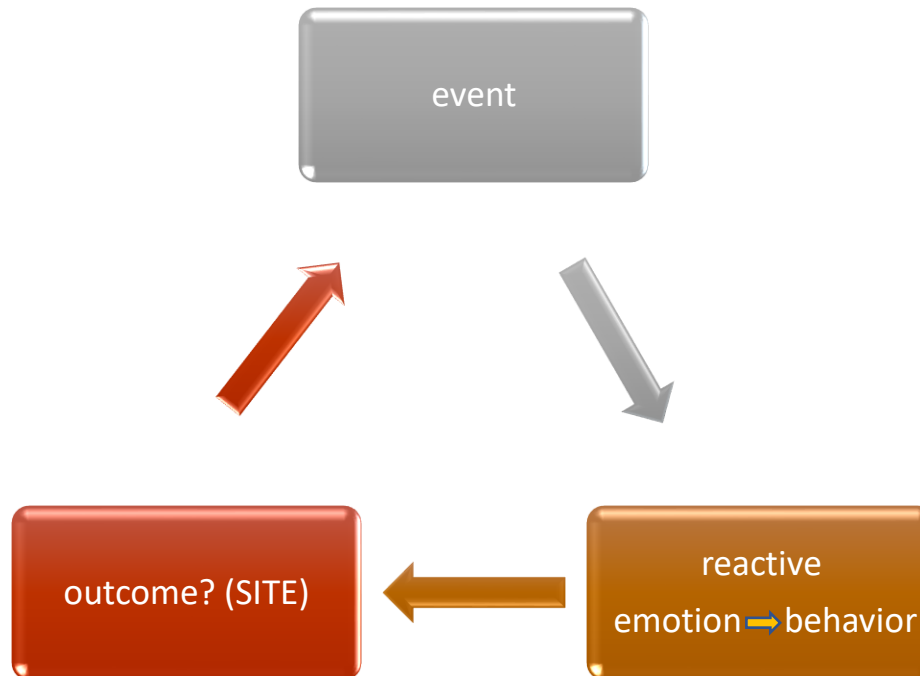


Beyond Calm – Emotion Module 4/5



After your default emotion and reactive behavior

Take time to sense into what happened (within context of care and curiosity – ‘study the trap’)

It all makes sense, it just happens so fast we can't figure out how to intervene.

1. What was it that created an emotional reaction?
2. What preceded that time – (your levels of hunger, rest, support, connection, stress.....)
3. Name the emotion
4. What was the ‘meaning’ of what happened (colleague late to meeting means disrespect)
5. What is your default reaction FFFFF (fight, flee, freeze, faint, false bonding)
6. What was outcome – Immediate and Longer term (body, mind, emotion, relationships, motivation, what new urge/behavior does it lead to)
7. ‘Saturate in the sense’ of that outcome, what do you want instead, see that