

# Day 3 Worksheet

## Emotional Triggers

# Decode Your Nervous System

In today's session, we examined the importance of feeling our emotions for our body to heal, as well as the 6 emotional defences we commonly use. Over the next few days, I want you to take note of different situations that occurred throughout the day, the feelings that you began to have and the emotional defence you used in response.

<b>THE SITUATION</b> (i.e. The event/ circumstance of what happened)	<b>THE FEELING</b> (i.e. How you felt emotionally)	<b>THE RESPONSE</b> (i.e. The emotional style you used in response to this)
Example: Met a friend for coffee	Example: Angry & frustrated	Example: Avoidance & distraction by staying focused on conversation

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