

EMOTIONAL CHILDHOOD/ADULTHOOD

1. Name a person you think causes a negative emotion in you.
2. What do they do or say that triggers you?
3. What is the emotion you have when this happens?
4. Why do you think they have this power over your emotions?
5. What is the thought you are having that is really causing your feeling?
6. When you blame them for how you feel, what action do you take?
7. What are other thought options when they behave this way?

