

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.

THE SITUATION (i.e. The event/ circumstance of what happened)	THE FEELING (i.e. How you felt emotionally)	THE RESPONSE (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

Day 3 Worksheet

Emotional Triggers

Decode Your
Nervous System

THE SITUATION (i.e. The event/ circumstance of what happened)	THE FEELING (i.e. How you felt emotionally)	THE RESPONSE (i.e. The emotional style you used in response to this)