

what are your **EMOTIONS** telling you?

What **emotion(s)** am I feeling?

Empty rounded rectangular box for writing the emotion(s) being felt.

What is **underneath**?

▼
Cause

▼
Triggers

▼
Action Urges

Empty rounded rectangular box for writing the Cause.

Empty rounded rectangular box for writing the Triggers.

Empty rounded rectangular box for writing the Action Urges.

What do I **need** right now?

Large empty rounded rectangular box for writing what is needed right now.

Options?

What do I hope to **gain**?

Large empty rounded rectangular box for writing options and what is hoped to be gained. A vertical dashed line is present on the left side.



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what are your **EMOTIONS** telling you?

What **emotion(s)** am I feeling?

anxious, self-doubt, defective, worthless

What is **underneath**?

▼
Cause

feeling unimportant, he didn't want to make plans

▼
Triggers

feeling stupid after sending that text

▼
Action Urges

- text more??
- pull back
"maybe I'm asking too much"

What do I **need** right now?

- reassurance that I'm NOT asking too much--I AM important and it's OK to dislike being de-prioritized
- being calmed, soothed, encouragement

Options?

1. express my needs
2. go to sleep/urge surf
3. set a boundary--stop texting, practice "letting go" mindset

What do I hope to **gain**?

1. reassurance, love, security
2. escape, delay, avoid
3. protection, safety



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