

## Understanding Emotion Versus Reason

Often, without realizing it, we allow our emotions to decide how we respond to a situation. While occasionally helpful, it can lead to feelings of being out of control.

The following questions help you separate the emotional side of your thinking and responding from the rational one.

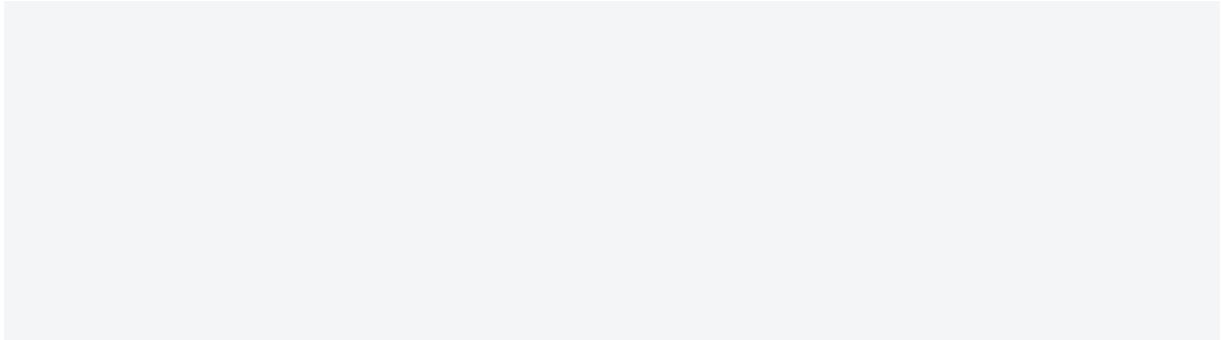
Think of a situation that you believe is being ruled by your emotions. Describe it below:

What are your *emotions* and what is your *reason* telling you to do:

My emotions are telling me to:	My reason is telling me to:
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How are your emotions shaping your judgment?

How is your reason shaping your judgment?



When you next feel inner turmoil, give yourself some time to answer the above questions. The answers will help you make better decisions.

Dr. Jeremy Sutton