

Why Do You Do, What You Do?

We can improve emotional awareness by identifying and reaching a better understanding of the source of our feelings.

The following questions encourage you to get into the habit of understanding the emotions and motivations behind what you do.

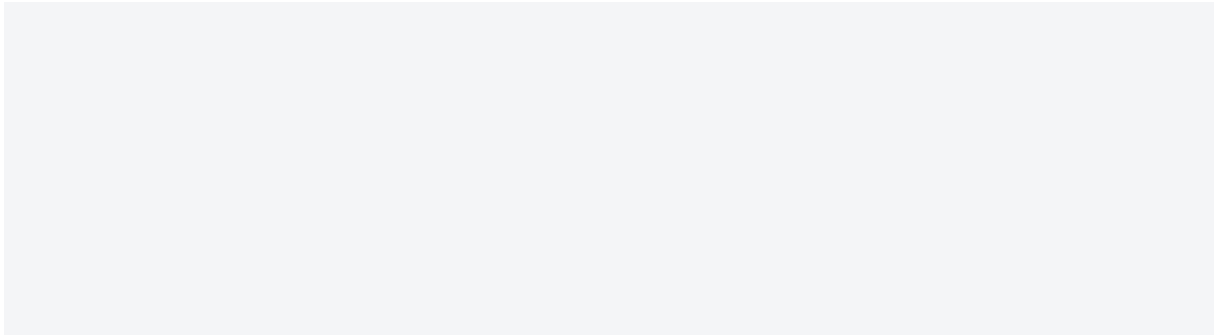
Think of a situation where you behaved in an unexpected or unwanted way.

Describe the situation:

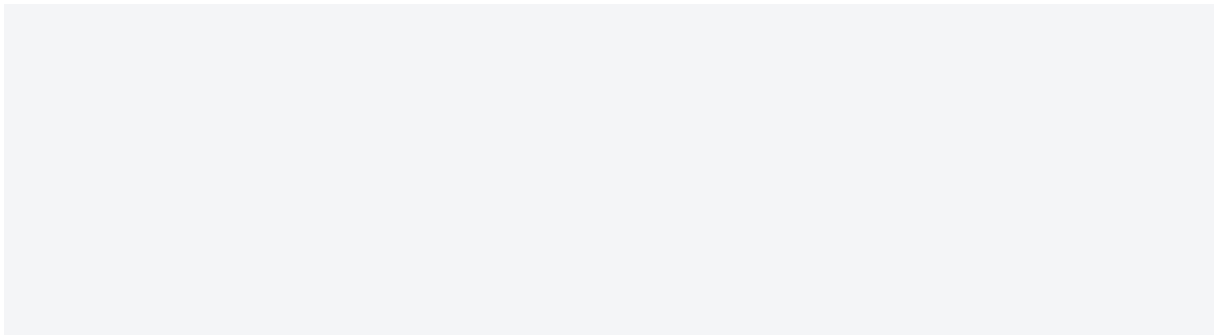
How did you react?

How did you feel? What were your emotions?

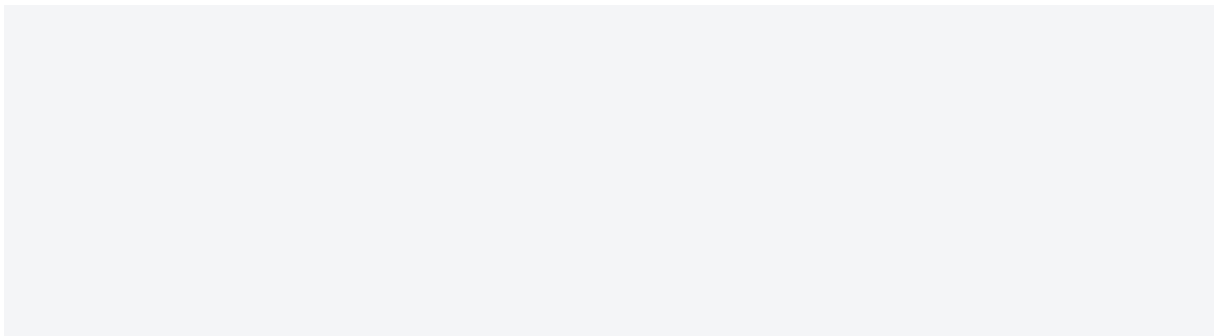
When was the first time you remember reacting in this way?



Are there similarities between then and now?



Can anyone evoke these feelings in you or just specific persons?



The better your understanding of your emotions, the more adept you will be in stopping them from controlling your life.

Dr. Jeremy Sutton