

We are taught that...

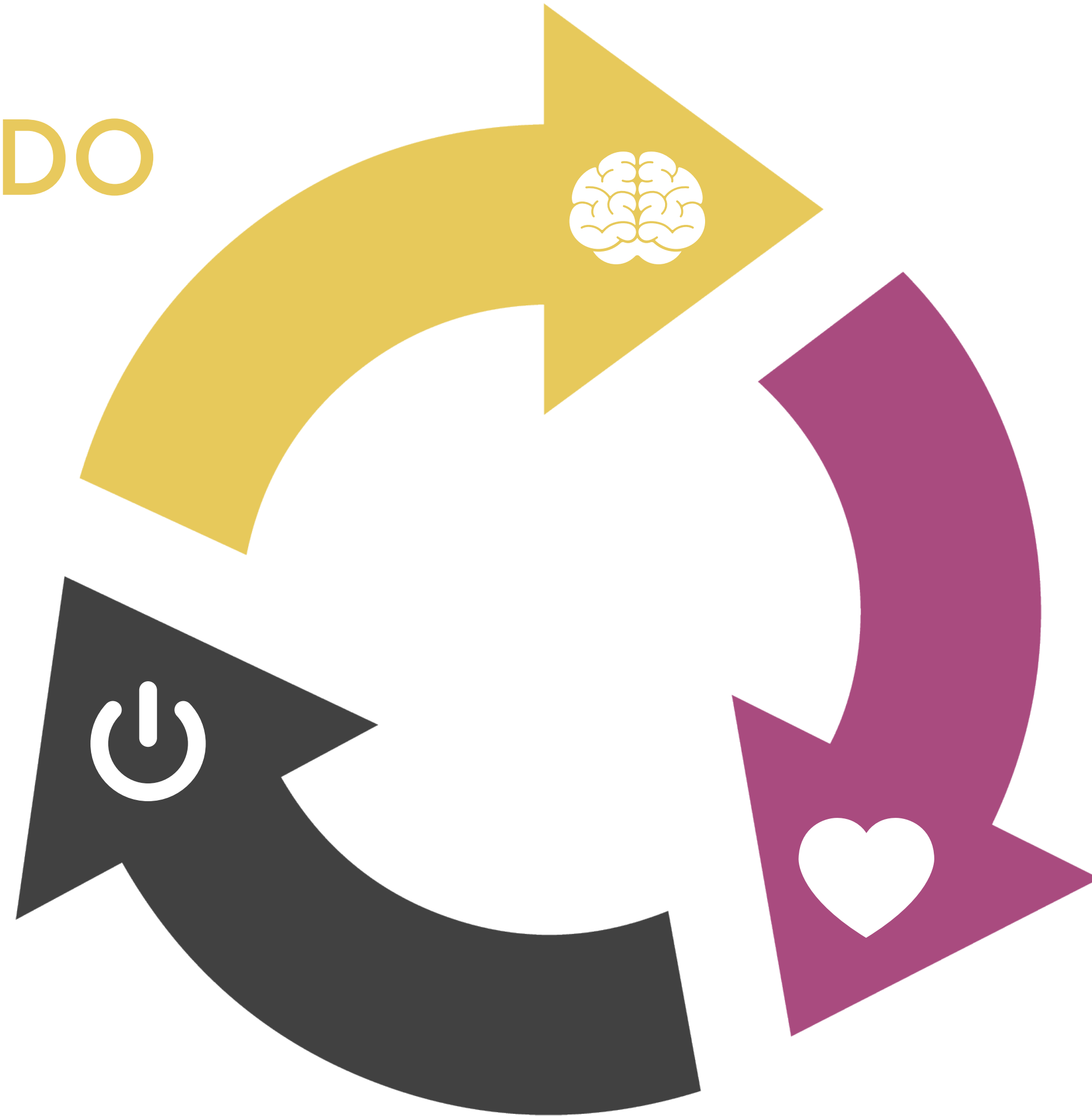
- ▶ We are not in control of our emotions
- ▶ Other people make us feel things
- ▶ Random events make us feel things

We are taught that our
emotional health is **not**
in our control

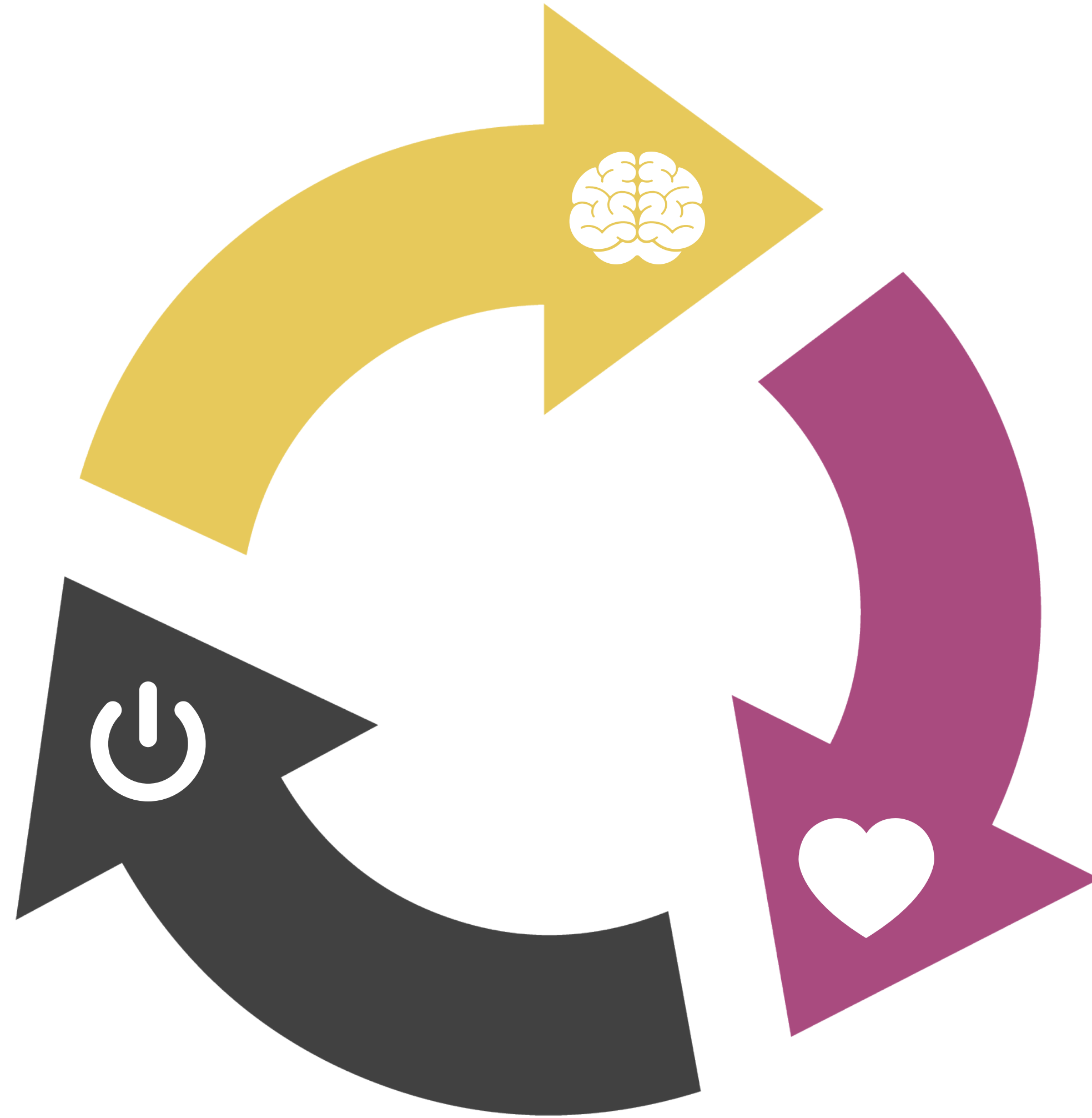
Everything we do or don't do
is because we want to feel or avoid feeling
a certain way

**Nobody and nothing
makes you feel anything**

THINK-FEEL-DO CYCLE

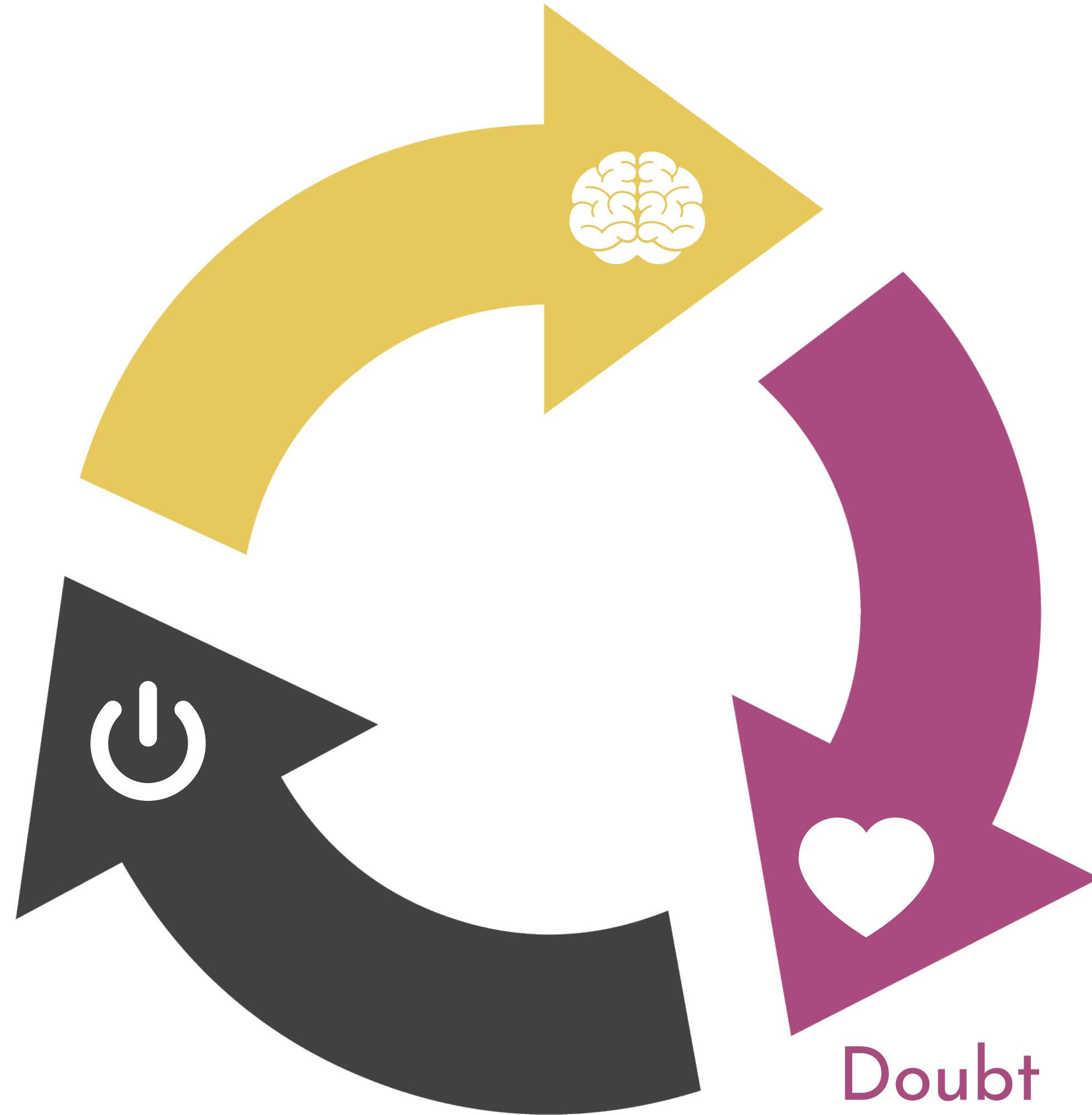


Boss says "this is all wrong" ▶

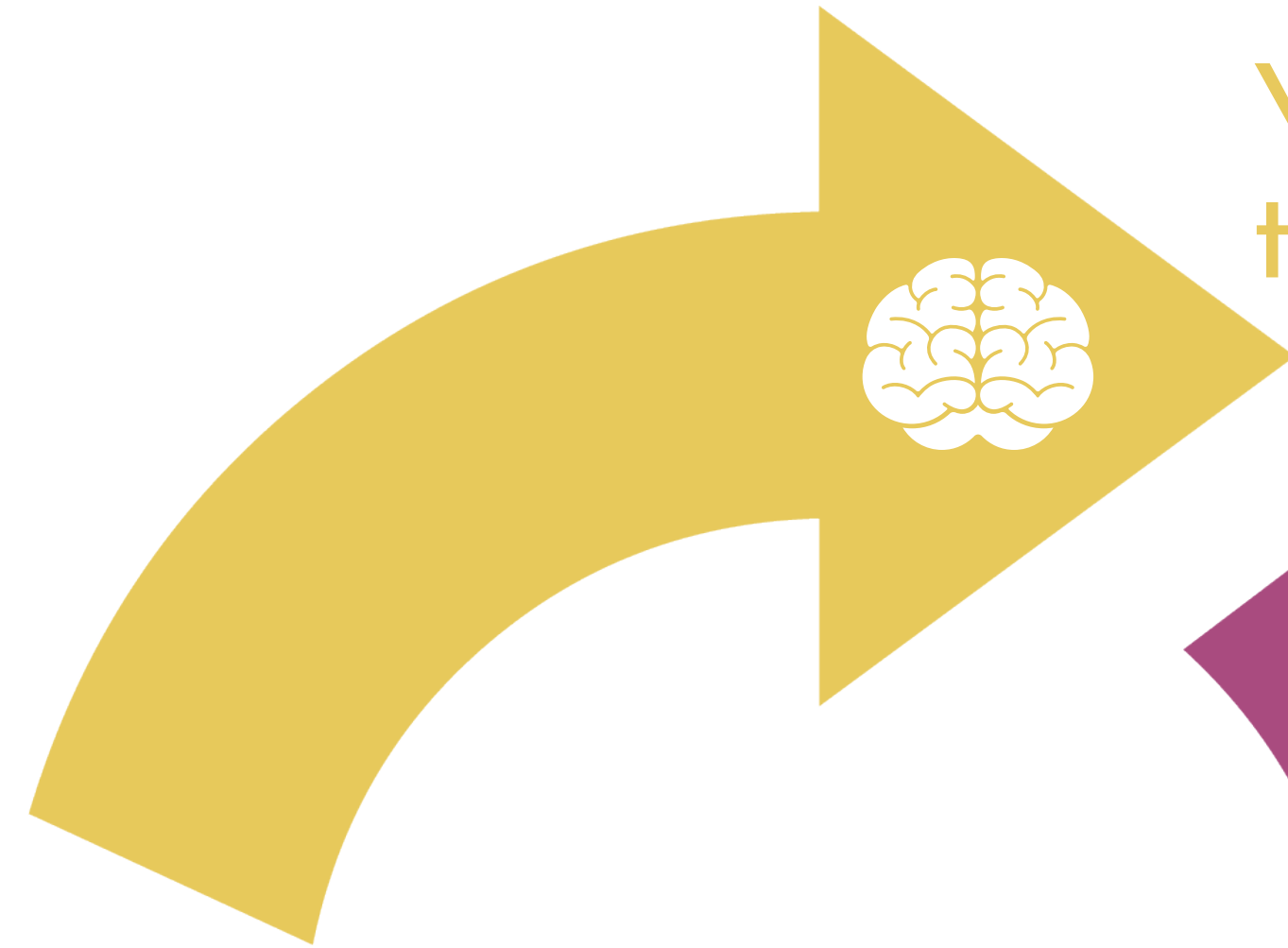


Boss says "this is all wrong" ▶

Cry, complain, say you hate your boss, call your spouse, tell yourself that you're not smart enough, eat cookie, sit in office all day, don't speak to anyone.



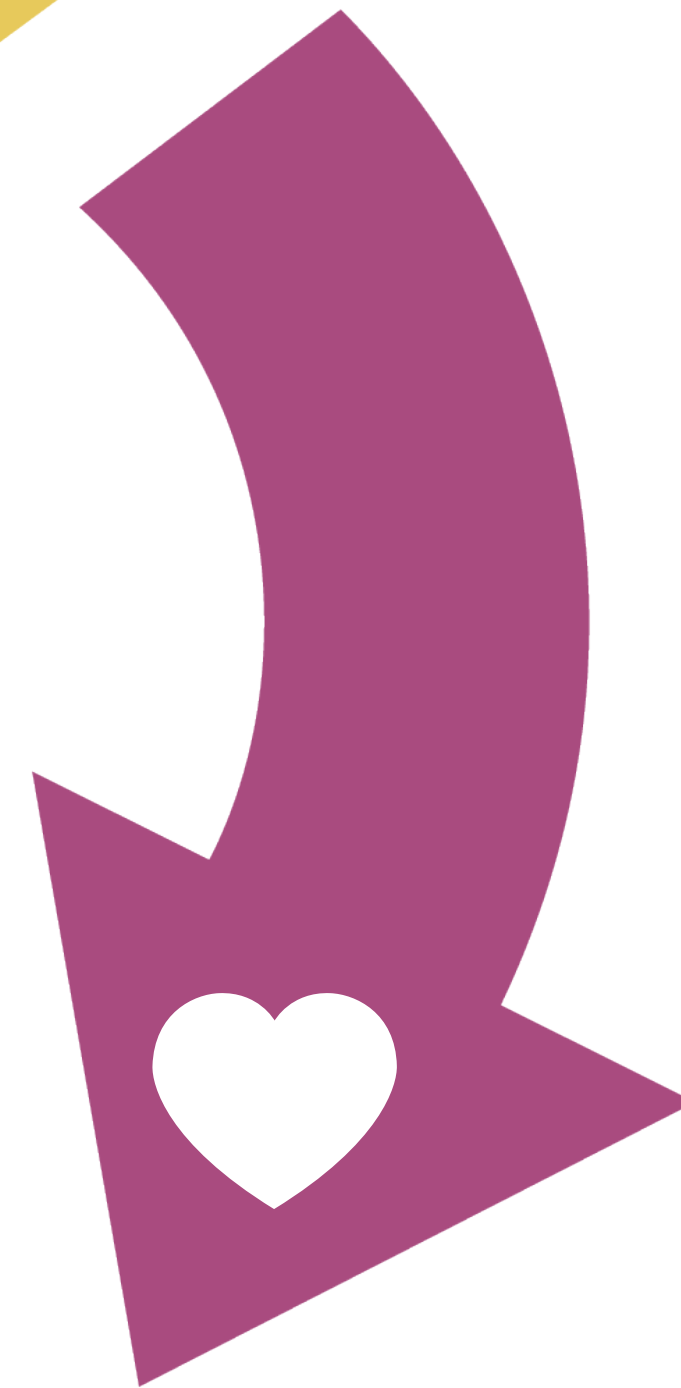
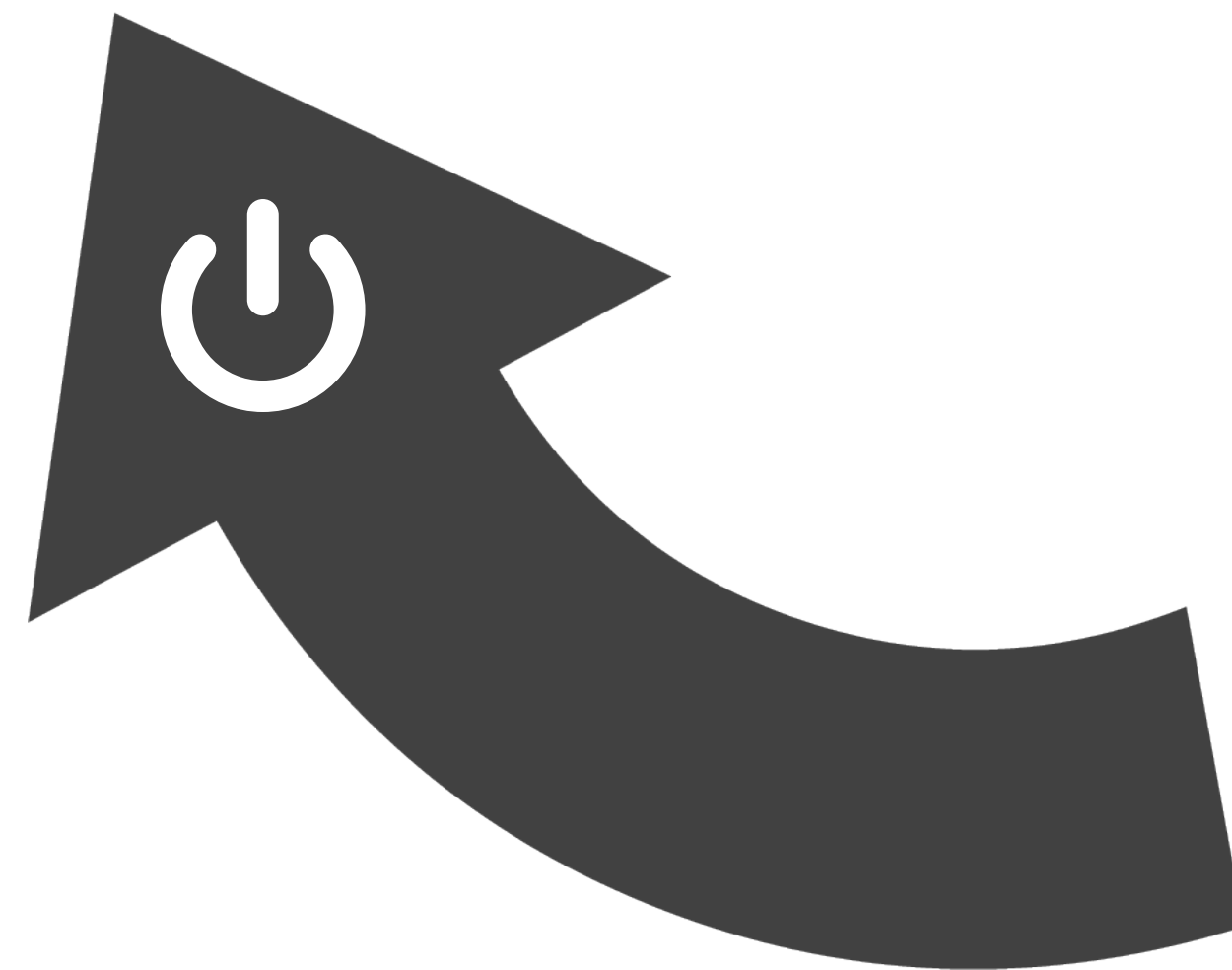
Something happens ▶



You have a thought about it

And then you do stuff ...

(*BUFFER + DUCK to avoid pain*)



You feel something