

ACP | THE CAREER RESET

YOUR EMOTIONAL EDUCATION



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THE CAREER RESET

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Emotional Accountability

Society teaches you that other people and random events are responsible for your emotions. The problem is if everything you feel is outside of your control, then you are powerless to do the things you want to do.

But the good news is, that belief is backwards. The good news is you are in 100% control of your feelings because all your feelings come from your thoughts.

EVERYTHING YOU DO OR DON'T DO IS BECAUSE OF YOU WANT TO FEEL OR AVOID FEELING A CERTAIN EMOTION.

So now that you know you can be in control of your feelings... you can do anything you want.

This is where all the power is to achieve anything you want in your life.

NAME A PERSON YOU THINK CAUSES A NEGATIVE EMOTION IN YOU.

WHAT DO THEY DO OR SAY THAT TRIGGERS YOU?


WHAT IS THE EMOTION YOU HAVE WHEN THIS HAPPENS?

Emotions are one word, e.g. HAPPY, SAD, MAD ... etc.

WHY DO YOU THINK THEY HAVE THIS POWER OVER YOUR EMOTIONS?

WHAT IS THE THOUGHT YOU ARE HAVING THAT IS *REALLY* CAUSING YOUR FEELING?

WHEN YOU BLAME THEM FOR HOW YOU FEEL, WHAT ACTION DO YOU TAKE?



WHAT ARE OTHER THOUGHT OPTIONS YOU COULD CHOOSE WHEN THEY BEHAVE THIS WAY?

