

ACP | THE CAREER RESET

WHAT YOU CONTROL



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THE CAREER RESET

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Separating the things you can and can't control



NAME AN EVENT YOU BELIEVE IS CAUSING A NEGATIVE EMOTION IN YOU.

WHAT IS IT ABOUT THIS EVENT THAT YOU BELIEVE IS CREATING THE EMOTION?

WHAT IS THE EMOTION YOU HAVE WHEN THIS HAPPENS?

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

WHY DO YOU THINK THIS RANDOM EVENT HAS POWER OVER YOUR EMOTIONS?

WHAT IS THE THOUGHT YOU ARE HAVING ABOUT THIS EVENT THAT IS REALLY CAUSING YOUR FEELING?

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

