EMOTIONS MILL

Event Or Situation

Your Mind Notes It

Primary Emotions (mad, glad, sad, scared)

Thoughts,
Judgments,
“Old Tapes” (“Fuel”)

Goal: Use grounding skills instead of playing the “old tapes”

Your Response And/Or Reaction

Secondary Emotions (“Fire”)
(exs: guilt, shame, rage)

(Note: This Mill Cycles Very Quickly!)