This activity is to be used to think about how you’ve acted/reacted in the past, but also to begin paying attention to how you are acting/reacting (maybe even responding) as time goes forward.

Things to determine:

1. When you get upset, where do you feel the discomfort?
   1. Ex: tightness in chest or throat, stomach ache, clenching of teeth
2. Can you name the emotion you are feeling? Try for more than happy, sad, angry.
   1. Ex: reluctant, regretful, animosity, bored, susceptible, apprehensive.
   2. You can look online for lists of emotions or email me and I’ll be happy to send the feelings wheel and other information to you.
3. Can you name the Core Value that is being violated or challenged?

Activity:

1. Write down several sentences about how powerful this habit is of reacting to others, and of judging ourselves and judging others.
2. Send it to us at [info@DebbiePearson.com](mailto:info@DebbiePearson.com).
3. If you’d like to talk to one of our coaches, please indicate that in your email and we will respond to your request.