what are your **EMOTIONS** telling you?

What *emotion(s)* am I feeling?

What is **underneath**?

- **Cause**
- **Triggers**
- **Action Urges**

What do I **need** right now?

- **Options?**
- What do I hope to **gain**?

THE GROWLERY
Counseling & therapy
what are your **EMOTIONS** telling you?

What emotion(s) am I feeling?
- anxious, self-doubt, defective, worthless

What is **underneath**?

- **Cause**
  - feeling unimportant, he didn’t want to make plans

- **Triggers**
  - feeling stupid after sending that text

- **Action Urges**
  - text more??
  - pull back "maybe I’m asking too much"

What do I **need** right now?
- reassurance that I’m NOT asking too much--I AM important and it’s OK to dislike being de-prioritized
- being calmed, soothed, encouragement

**Options?**
1. express my needs
2. go to sleep/urge surf
3. set a boundary--stop texting, practice "letting go" mindset

**What do I hope to **gain**?**
1. reassurance, love, security
2. escape, delay, avoid
3. protection, safety