



What is the problem?

Feelings can be complicated and confusing. When faced with almost any situation, do you want to choose your behavior or react to the people and world around you? If choosing your behavior is your goal, one key to doing so is to slow down. The more you practice identifying your feelings, thoughts, and the corresponding behaviors, the sooner you can start choosing what you want to do about it. This is the difference between living your life intentionally and living your life reacting to things that happens. This is how you choose the life you want, little by little.

I feel _____
An emotion (one word)

When _____
The behavior

Because _____
The Reason

I Need _____

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