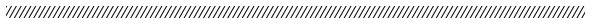




LOOKING AT:

Controlling Toxic Emotions

(2 of 2)



MEDIA

Use this form to better understand your emotions. Identify some prompt that usually stirs destructive emotions. For example, if you are a progressive, you might choose to watch a very conservative television program, and if you are a conservative, you might choose to listen to very liberal media. While you are experiencing the prompt, pay attention to how your body reacts, what you think, and how you feel.*

What did you notice about how your body reacted? Did your skin feel extra warm, heartbeat quicken, or breath feel short? Did you notice anything else about how your body reacted?

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What did you notice about how you were feeling? Did you feel angry, frustrated, confused, helpless, overwhelmed, sad, or some other emotion?

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What else did you notice about how you reacted to the prompt?

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** If you watch this program while working out, you might get a much better workout than usual.*

