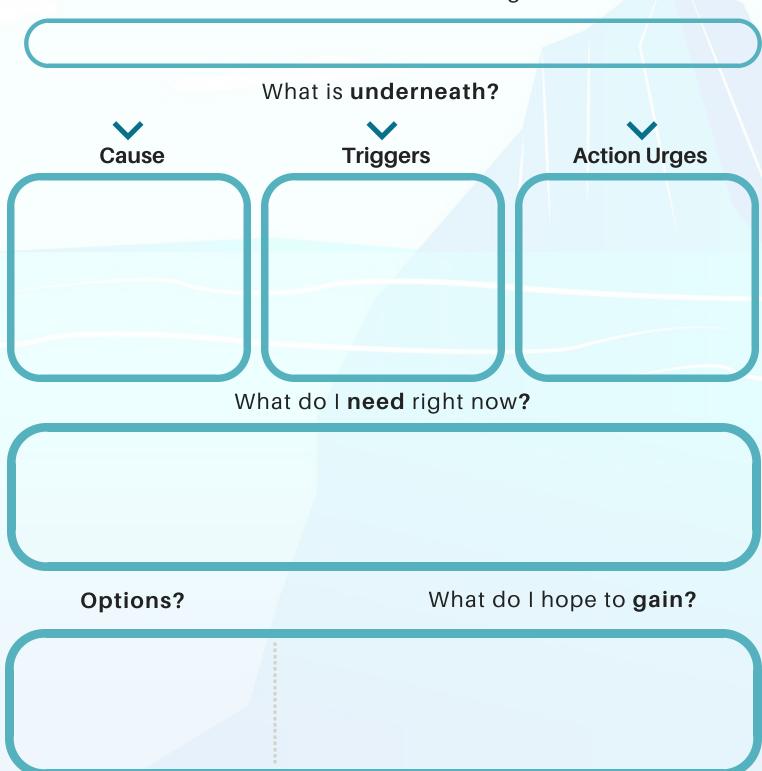
what are your EMOTIONS telling you?

What emotion(s) am I feeling?





what are your EMOTIONS telling you?

What **emotion(s)** am I feeling?

anxious, self-doubt, defective, worthless

What is underneath?



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 askina too much"

What do I **need** right now?

- reassurance that I'm NOT asking too much-1 AM important and it's OK to dislike being de-prioritized
 - being calmed, soothed, encouragement

Options?

What do I hope to gain?

- 1. express my needs
- 2. go to sleep/urge surf
- 3. set a boundary--stop texting, 3. protection, safety practice "letting qo" mindset
- 1. reassurance, love, security
- 2. escape, delay, avoid

