

humantold

Managing Emotional Buttons (Self-Statements of Truth)

This is part of a series that helps explore different strategies for helping you break free from negative patterns when emotional buttons are pressed.

If you have not done the exploring emotional buttons series it might be good to start there.

Strategy: Creating Self-Statements of Truth

Sometimes when we are activated or have our buttons pressed our brain can bring up many thoughts, feelings, and meanings about our past, present and future. These statements are not necessarily true, they are reactions and impulses.

In this activity we will be developing statements of truth that are positive and honest when you are triggered. Such as *I'm safe, I don't have to do anything I don't want to do, I'm in control of my choices, or This is just my past talking. This isn't really what my brain is telling me it is.*

These statements are meant to calm and empower you to manage the situation. Remember to practice saying, writing or thinking these often until they begin to take hold.

My self-statement of truth:

When and where I'll practice them:

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