



Actions connected to Emotion

The actions your body takes are driven by one of two things:

1. Instinctual reaction from a sensation (touching a hot stove)
2. Emotional reaction from a thought

Knowing this, it can be enlightening to think about the actions you take when you feel certain emotions. Developing knowledge about this can allow you to understand your behavior and create clarity about what thoughts lead to what emotions, and therefore explain the actions that you take.

Actions usually work in one of two ways:

1. You are moving toward, or engaging with something
2. You are moving away, or avoiding something

Use this worksheet to explore the actions an emotion creates for you. And if you have any questions or need help, email sarah@braincleanupcoach.com.

1. Name a problem that you have in your life right now.

2. What is an emotion this problem triggers in your body?

3. When you're feeling this emotion, what do you do? How do you show up in the world? How do you treat the people around you? How do you treat yourself? From big to small actions, get detailed.

4. Are your actions engagement or avoidant actions? How do you know?
