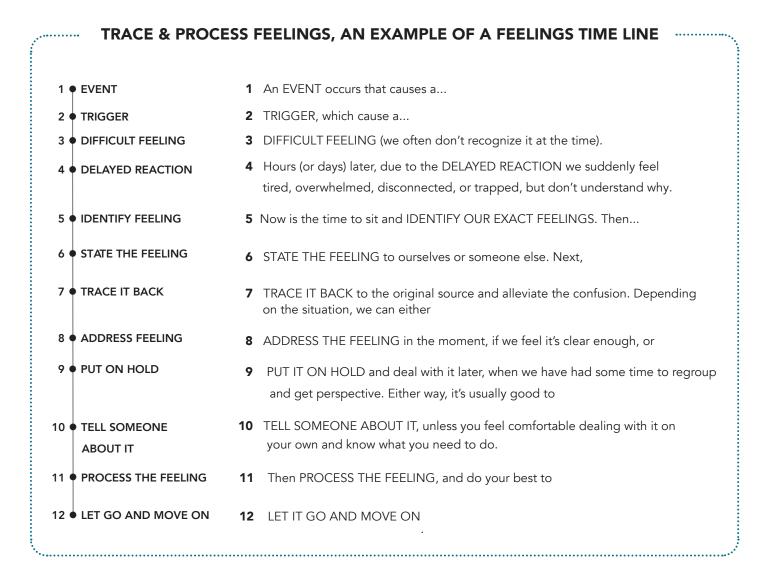
TRACING FEELINGS



Let's take feelings one step further. Feelings stem from experience. "Tracing feelings back" means tracing an uncomfortable feeling back to the source: an argument, a disappointment, a change, an event or situation. Doing this allows you keep you feelings in check, helps you learn about your triggers and lets you discover unhealthy behavioral patterns you may be in a cycle of repeating.

There are three challenges in tracing feelings back, but each can be overcome through practice. The three challenges;

- 1. Pin-pointing the trigger by recalling the chain of events that led to the exact moment the feeling began.
- 2. Admitting to fear, insecurity, or anger, because so much judgment has been placed on those feelings for so long.
- 3. Taking a positive step to address the feeling.



Finding the source of our feelings helps us make sense of them. At least we can then say, "No wonder I feel this way." As our confusion and self-judgment ease, things stop feeling unmanageable and hopeless. We can then choose to sit with it, put it on a shelf for later, or address it now. We have choice! We have control of our choices.

