

Breaking Free of Amygdala Hijack

<p>How am I catastrophising?</p>	<p>PAUSE THE PATTERN Notice my breathing Read a book Music & Mental Maths</p>
<p>Who am I mind reading?</p>	<p>NAME THE TRAP See x5 options to left 'Burning Knot' 'In a flap'</p>
<p>What fortune telling am I doing?</p>	<p>TWO COLUMN FUD Vs FACT Fears, Uncertainties & Doubts Compared to... Facts</p>
<p>How am I black & white binary thinking?</p>	<p>CREATE TWO MORE STORIES Explore multiple possibilities about the specific situation</p>
<p>What overgeneralising am I doing?</p>	<p>2ND OR 3RD POSITION OUTLOUD Luke, here's what you need to do The way I see it Luke...</p>

A.H coined by Daniel Goleman in 1996
Emotional Intelligence: Why It Can Matter More Than IQ

https://hbr.org/2020/01/how-anxiety-traps-us-and-how-we-can-break-free?utm_medium=email&utm_source=newsletter_daily&utm_campaign=mtod_notactsubs&deliveryName=DM66530