

SHIFTING NEGATIVE EMOTIONS

ALIGNED · INSPIRED · EMPOWERED · TRANSFORMED

1

STOP RUMINATING

- Rumination fuels the emotion with the same intensity as the original event.
- Each time you ruminate you train your brain to strengthen the emotion. Eventually the emotion becomes your default mode.
- Remember, emotions cannot survive without the story that sustains them.

2

CHANGE THE PATTERN

- Your brain is conditioned to get locked into loops.
- A simple physical or mental shift, like taking a few steps or taking a deep breath, gives your brain space to reset.
- Remember, disrupting the loop allows you to choose a more grounded and productive response.

3

FLIP THE SCRIPT

- Negative emotions always mask an inner wound.
- Ask yourself: Why am I being so triggered?
- Remember, negative emotions are our compass towards the part of us that is calling for healing.

