

#16 — THE EMOTIONAL TRUTH CHECK

Five questions to separate what's real from what you're projecting, assuming, or fearing.

Your emotions are always valid —
but they're not always accurate.

This guide helps you understand what your emotions are actually trying to tell you...
without letting them hijack your decisions.

1. Am I reacting to what happened, or to what I *interpreted* happened?

Interpretations create stories.

Stories create spirals.

Check the facts before the feelings multiply.

Your thoughts: _____

2. Is this emotion coming from the present moment... or from a past wound that got activated?

Old pain wears new disguises.

Know which one is talking.

Your thoughts: _____

3. What emotion did I feel *first* — before the others piled on?

The first emotion is the truth.

The rest are defenses.

Your thoughts: _____

4. If I paused for a moment, would this emotion shrink, stay the same, or grow?

Real truth stays steady.

Distortion inflates under pressure.

Your thoughts: _____

5. What would this emotion say if it could speak in a calm, direct sentence?

Emotions get louder when they feel unheard.

Give them the mike and let them speak.

They quiet down.

Your thoughts: _____

FINAL REMINDER:

Your emotions are messengers, not dictators.

Listen to them —

but don't let them decide your future without your permission.