

# #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.