

Table for Step 4e: Emotion(s) that took you away from what you were doing.

Date and time	Situation What are you doing <u>now</u> ?	Present Emotion(s)	What <u>were</u> you Doing?	What emotion(s) took you away from what you were doing?
Example	Shouting "What do you mean!" to a colleague.	Angry and upset	Having a laugh and a joke with your colleagues at work.	Anger I was triggered back to school days.