

**Table for Step 5e: Choosing another emotion to lead to a more beneficial action.**

Date and time	Situation	Emotion(s) that lead to next Emotion(s)	What emotion(s) did you choose?	Action.
Example	I'm dissatisfied in my job.	Dissatisfaction		
		Security (from pay) and stuckness		
		Fear and apathetic	Curiosity	Notice what you like doing at and what gives you joy and
				satisfaction in work and outside of work.