

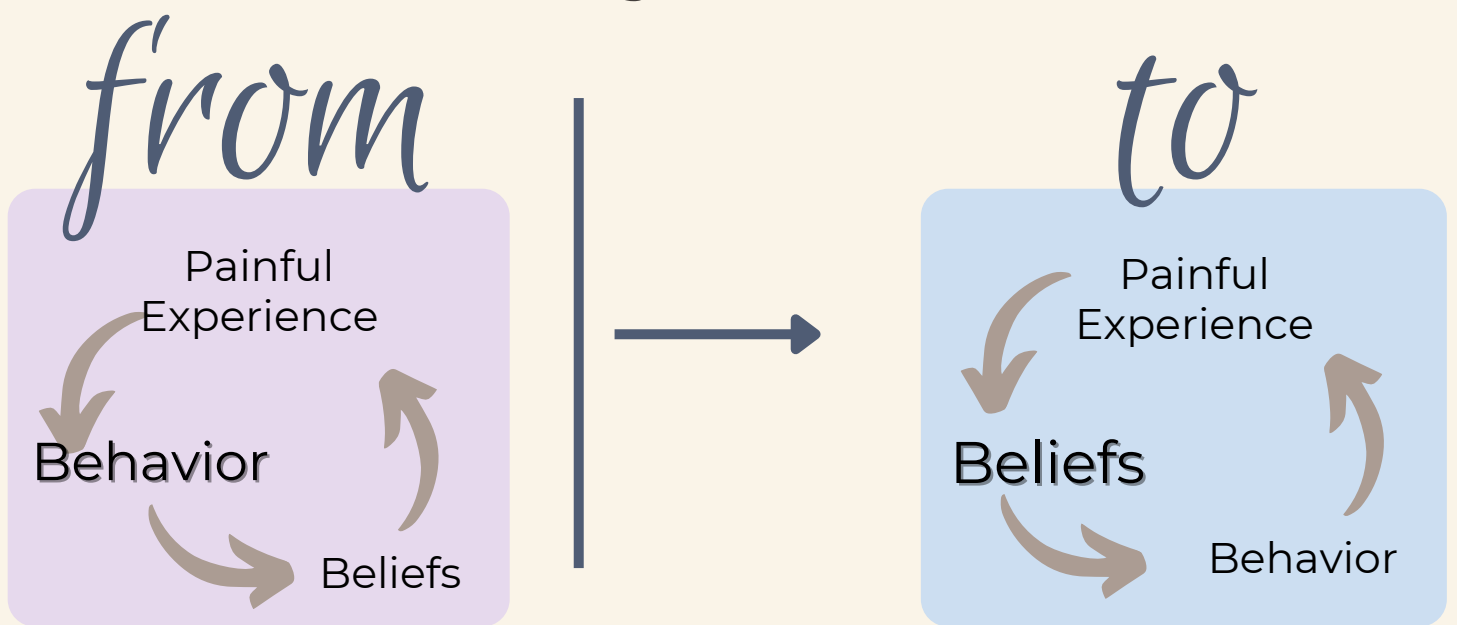
Diagnostics for Strong Emotions

Questions to help
alter your response
patterns to painful
experiences

Based on Trauma Reboot
Week 5 Mid-Week Check-in



Shifting the Pattern



Ask Yourself

1

Should I respond
with my beliefs, or
should I continue
to respond with
my behaviors?

2

Are my emotions
leading me to make
a choice that's
contradictory to
God's Word?

3

How will I feel
about this
tomorrow?