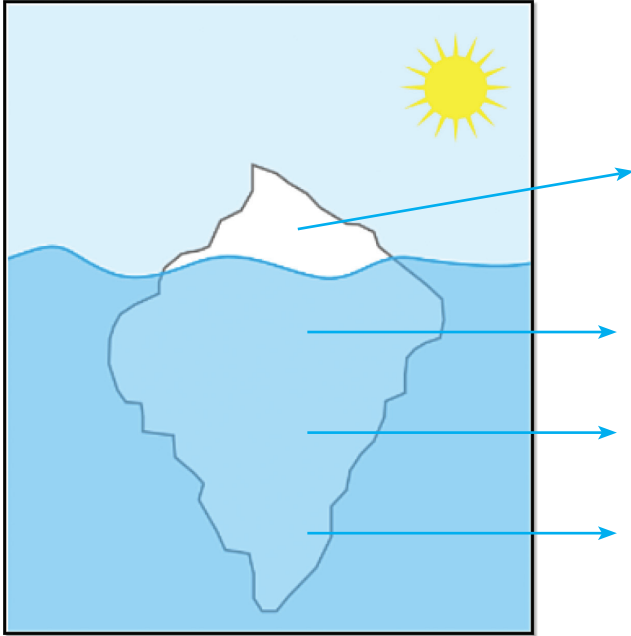


Tip of the Iceberg

EMOTIONAL ACTIVATORS: WHAT IS REALLY GOING ON?



INSTRUCTIONS:

1. Think of one emotional activator you respond to.
2. Write that at the top of the iceberg.
3. Consider the memories, experiences, thoughts and beliefs that contribute to this activator.
4. Write these memories, experiences, thoughts and beliefs under the water—this is what is really going on for you.
5. What can you do to better manage/respond to this activator?
