

# Going into the Moment

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What happened?

Trigger event(s) - what did someone say? what did you see?

How did your brain / body initially react?

Emotions, Feelings, Sensations

What kind of thoughts/meanings did your brain tell you?

Meaning-making, judgments, self-critical messages, rules

What natural response came up?

What did your brain/body want you to do? (Fight/Flight/Freeze...)