

Neuro Rewiring Log

Emotion <small>(Sad, angry, jealousy, hate, doubt, worry, depression, any of the bad feelings)</small>	Event of emotional trigger: <small>(What happened, how'd it make you feel)</small>	Positive transmutation: <small>(From a bird's eye view what really happened or is going on? There is always a way to put a little spin on the emotion to the left towards one of the love emotions or good feelings)</small>
By identifying the feelings as they happen and the responses you have to them, you can start to control them.		