

The Emotional Audit

When we are stuck, under pressure, hurt, or angry, we tend to slip into unconscious patterns of reaction. When we are threatened in some way, the amygdala “hijacks” the thinking brain.

The goal is to refocus activity away from the amygdala and light up other aspects the brain to gain more cognitive control and give you constructive options and direction.

Below are strategic questions and hypothesized brain components that may be accessed with these questions in order.

- The first two questions access and label your thoughts and emotions.
- The third questions makes conscious your or intentions.
- The fourth question evaluates your actions in line with your intentions. Patterns of how you get in your way may emerge.
- The last question takes in all this new conscious data and allows you to better direct your brain and actions for the goals you want.

1. What am I thinking?

(Basal ganglia- integrates feeling thoughts and movements)

2. What am I feeling?

(Basal ganglia- integrates feeling thoughts and movements) Temporal Lobes – emotional stability, name it to tame it – labeling affect)

3. What do I want now?

(Cerebellum – executive functions connects to Prefrontal Cortex (PFC), cognitive integration)

4. How am I getting in my way?

Prefrontal Cortex – learning from mistakes

5. What do I need to do differently now?

(Prefrontal Cortex –the boss supervision of life – executive functioning planning goal setting, insight) (Anterior Cingulate Gyrus brain’s gear shifter– see options, go from idea to idea)

A note about the source: I found this on the Internet and unfortunately didn’t also copy the hyperlink. I did not create it and don’t take any credit for it. I am sharing it because it is such a helpful framework. – Alicia Santamaria