

# DON'T FORGET YOUR PAST

## 5 WAYS OLD EMOTIONS DICTATE NEW DECISIONS



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*Is my emotional past affecting my emotional present?*

*We all have emotional baggage. Your emotions are essential to your existence. So we accept it & embrace it.*

## EMOTIONS EXIST TO MOVE & PROTECT US

*Emotions involve movement towards good & away from bad. Brains can override an emotion when necessary.*

## EMOTIONS AREN'T ALWAYS ACCURATE

*The emotion is real, but might not be accurate for the situation.*

## THE FOUR EMOTIONAL TRIGGERS

*"Am I Loveable, Am I Capable, Do I Belong, Am I Safe" You can go back & pinpoint when was the first memory you had of that specific trigger.*

## YESTERDAYS EMOTIONAL SCRIPTS DRIVE TODAY'S EMOTIONAL REACTIONS

*Once our brains have made a certain number of scripts it just uses the same ones over & over despite the situation.*

## UNCOVER HOW YOU COMPENSATE FOR PAST EMOTIONAL PAINS

*Be careful that your compensation doesn't become a guiding principle of your life.*

# reflections:

Is my emotional past affecting my emotional present?

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How are my emotions trying to move & protect me?

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Are my emotions accurate according to the situation?

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Which of the four triggers am I most affected by?

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What is my earliest memory of that trigger?

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What scripts from the past are driving my emotional reactions?

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How am I compensating from past triggers?

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How can I be more aware in the present & respond appropriately to my emotions?

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