

ARE YOU CHOOSING FIGHT OR FLIGHT? HOW TO FIND CONFIDENCE IN OUR HIGHLY EMOTIONAL CULTURE



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Are you feeling regularly drained?

Are you feeling anger or numbness? If you're feeling numb you're probably ready for flight. If you're feeling anger you're getting ready to engage it and fight. Don't respond to the first emotion, go deeper by using the "REAL" technique...

R-RECOGNIZE THE EMOTION

Anger or numbness. What are other feelings: fear, sadness, shame, guilt, insecurity.

E-EXPLORE THE STORY

Behind all of these emotions you'll recognize that there is usually another need that is not being met.

A-ATTEND TO THE DEEPER NEED

Moving away from the emotion and story you'll find 4 basic needs: be lovable, capable, belong, feel safe.

L-LIFT YOUR RESPONSE

Do something about that need.

reflections:

What is confidence? Do I feel confident navigating our highly emotional culture?

Am I festering or stuck in emotion?

What emotions am I feeling right now & why?

What needs do I need met?

What are some ways I can attend to those needs?

Notes: