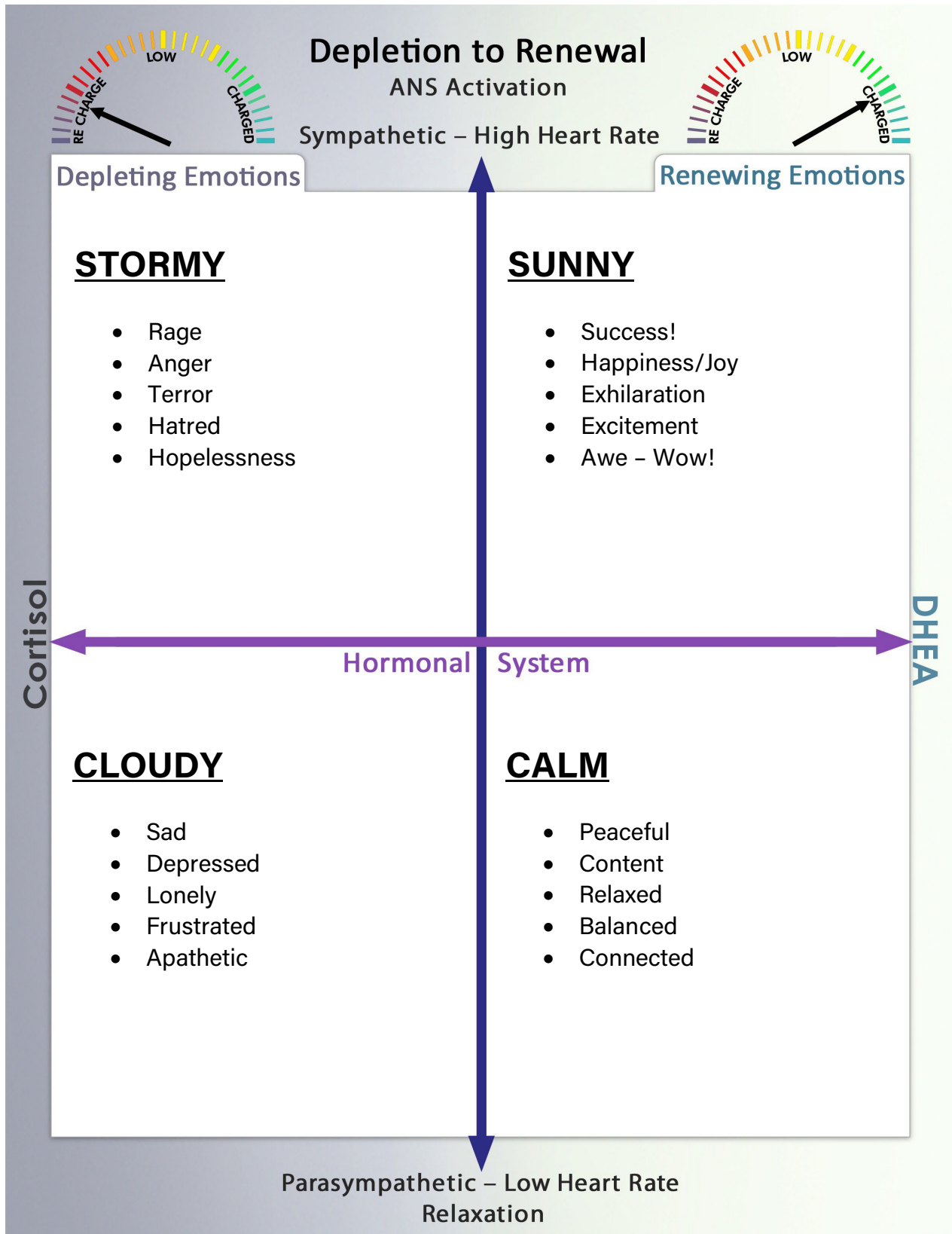


Emotional Weather Exercise



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Inner Weather Tool

Why use this tool?

- To be more aware of your current inner emotional weather
- To understand why your emotional weather is what it is
- To know how to change your emotional weather when necessary

How do you use this tool?

- Everything above the horizontal line is high energy and below that line is low energy
- Everything left of the vertical line is negative emotion and to the right is positive emotion
- Feel free to add more emotions you experience to each weather quadrant
- When you feel your inner weather change, identify the trigger that caused the change
- Regulate breath and emotion to begin a change to a more desirable inner weather, and use your tools to establish and hold the new emotional weather

More to consider

- Raising awareness of inner weather increases your ability to manage your emotions
- Intentional slower, deeper breathing and selecting positive, renewing thoughts and images are vital elements of creating a coherent choice point from which to choose a better emotional inner weather
- Managing your autonomic nervous system (ANS) creates change in the chemical reactions taking place in your physical body – over 1400 chemical reactions take place when your ANS shifts from calm to stressed, or stated differently, when your inner weather changes significantly



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