

# Breaking the Emotional Cycle

## Tool 1: A \_ C what is B

1. Write A, B, and C on a piece of paper
2. Fill out A - What was the stimulus?
3. Fill out C - What were my reactions? (Thoughts, feelings, and emotions)
4. Figure out what B is
  - a. What is it worried about?
  - b. What proof does it have that this is a possibility?
  - c. What goes wrong if this happens?
5. Tap on this information

## Tool 2: Fire Drills

1. Imagine the situation
2. Imagine something going wrong
3. Imagine overcoming the obstacle
4. Imagine achieving your goal

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