

EMOTIONAL HIJACKING

When feelings get the better of us...

RECOGNIZE



Know what's happening

Identify your triggers

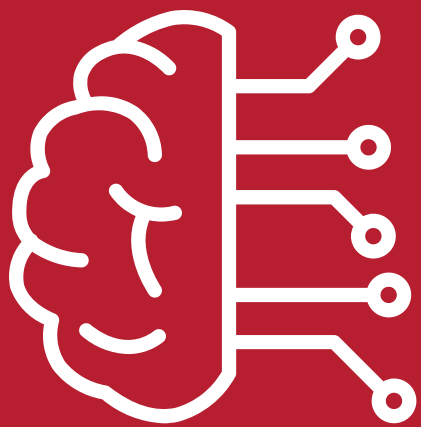
Emotional hijacking occurs when the emotional processing centers of the brain take temporary control over the reasoning centers.

Be PREPARED. What makes you feel especially upset, worried, anxious, threatened, or angry?

Emotional triggers differ for everyone. Being self-aware of trigger, helps you foresee a hijack.

Become aware that you're experiencing an intense emotional response that is interfering with your ability to think clearly.

RESPOND



PAUSE - Wait before you respond

Name it to tame it

Reframe & Regulate

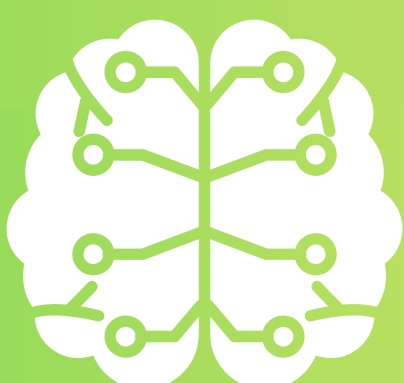
Give yourself space: If possible, step away from the situation or person that triggered the emotional response and take deep breathes.

Name the emotion: Label the emotion you're experiencing to gain more insight from it.

Get curious: Explore the underlying reasons for your emotional response.

Challenge your thoughts: Question the validity of your thoughts and whether they are based on facts or assumptions.

RECOVER



Focus on solutions

Cool down

Reflect

Focus on the next, best decision you can make, taking into account what is within your control and what is not. This won't be easy, so practice patience with yourself and others.

Help the brain continue to recover by going outside, taking a walk, stretching. Use your physical body. This will increase delivery of oxygen and removal of waste from all brain areas.

Reflect on what you did well in the situation and lessons learnt. Reframe this into a learning opportunity.

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