



Emotional Fitness Workout

The FART Gauge

Know your Hot Buttons

Filling your emotional toolbox with tools to help you assess and communicate is important. To that end we shall continue to develop tools for you that are practical and easy to use.

My Feelings **Are Reacting To** that word or action –

Although this may sound funny, it's easy to remember and effective as a self-assessment tool. What it will do for you is help you find your hot buttons, words, actions or non-actions that give your brain that mental **OUCH!**

Instead of just storing it in that area of your brain that makes you feel negative emotions when you get that OUCH, you

STOP - take a deep breath and acknowledge the what just happened

FEEL - Ok that hurt or made me angry, made me sad.

Why? Because my subconscious mind has been programmed to react this way.

DEAL- The short answer is to change your programming. Knowledge is power in these circumstances. It is the first step to taking control of our emotions.

If the OUCH is not deeply rooted, this simple process can alleviate the challenge faced when your feelings are reacting to the situation.

Always deal with the emotions by using the C.R.I. Principals. Clarity, Respect and Integrity. That way when you get that mental ouch, you won't need to feel like you want to rip that other persons head off or hide in your safe place or; well you get the picture. You have your own way of dealing with the emotions that flood to your brain when faced with someone pushing your hot buttons.

The FART Gauge is a way of telling your subconscious to relay the message to your conscious self before allowing the negative emotions to take over because you want to deal with them.

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