

Neuro Rewiring Log

Emotion (Sad, angry, jealousy, hate, doubt, worry, depression, any of the bad feelings)	Event of emotional trigger: (What happened, how'd it make you feel)	Positive transmutation: (From a bird's eye view what really happened or is going on? There is always a way to put a little spin on the emotion to the left towards one of the love emotions or good feelings)
By identifying the feelings as they happen and the responses you have to them, you can start to control them.		