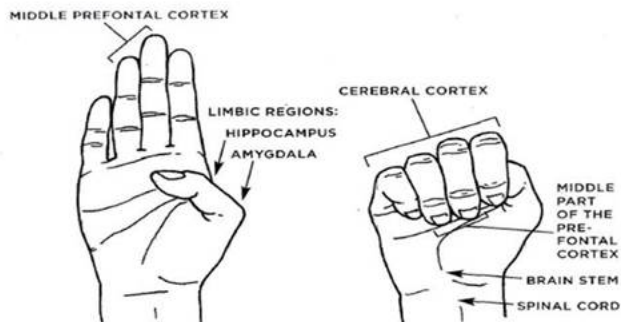


The hand model of the brain

Daniel J. Siegel, *Mindsight* (Melbourne: Scribe, 2010), p.15



Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

HALTS Acronym

H: Hunger

A: Anger

L: Lonely

T: Tired

S: Sick

A List of Emotions

Go beyond the obvious to identify exactly what you're feeling.

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Grumpy	Disappointed	Afraid	Jealous	Isolated	Thankful
Frustrated	Mournful	Stressed	Betrayed	Self-conscious	Trusting
Annoyed	Regretful	Vulnerable	Isolated	Lonely	Comfortable
Defensive	Depressed	Confused	Shocked	Inferior	Content
Spiteful	Paralyzed	Bewildered	Deprived	Guilty	Excited
Impatient	Pessimistic	Skeptical	Victimized	Ashamed	Relaxed
Disgusted	Tearful	Worried	Aggrieved	Repugnant	Relieved
Offended	Dismayed	Cautious	Tormented	Pathetic	Elated
Irritated	Disillusioned	Nervous	Abandoned	Confused	Confident

STRATEGIES	NOTES FROM WEBINAR	MY EXAMPLE & THOUGHTS
6-second rule		
Pay attention to your body		
Breathe		
Know your triggers		
Accept your emotions		
Label your emotions		
Stay present/mindfulness		
Let go of the story		
Focus on pleasant images		

Homework: 3:15 Questions Session 5

As with your previous 3:15's, pick 3 people in your life who you trust to be on your personal development journey. Spend 15 minutes with each of them to reflect on the content from this session and discuss your thoughts and examples. If they are not the same people you've connected with before, feel free to give them a bit of background on this being a 6-session exploration on personal development and growth. If your three people are interested in this process, they can access the iicanada.org/events to register for any of the remaining sessions as well as catch up by viewing recordings of past sessions at iicanada.org/videos.

Discussion: Share your own example(s) of the "amygdala hijack". How have emotions been teachers for you? What "emotion signposts" have you noticed and/or missed in the past? If you've attended previous sessions, what connections in the content areas are you making in your self-discovery?

The Emotions Strategies Worksheet (see the chart in the resources above): Complete the worksheet you would have started in the session. Fill in the 2nd and 3rd columns with your own thoughts and examples and share those in your 3:15 discussions. Ask your 3:15 group members for their examples in the categories.

Continue Your Self-Discovery: Consider other ways you can continue this work or re-watch the recordings or revisit the content. You might want to review the series with a journal open to record your thoughts and insights—continue your self-exploration. You may be surprised at what you uncover when you revisit a session. Another way you might approach this work is to invite a "study buddy" or some of the folks in your 3:15 discussions to join you on a collective journey. You might want to watch a session together and if you're watching a recording, feel free to pause the session to have your discussions as the content resonates.