

The state of the s	notional Emotional Alteration	Emotional Integration	Emotional Regulation
withdrawing in conflicts • Max • Difficulty in starting or completing tasks • Struggling with trust • Inability to feel emotions trigging trigging with trust in the completions trigging with trust trigging with trust trigging with trigging wi	entify ggers. anage cupulsive actions. effect during cing coughts. ecognize isaligned notions.  - Pause mid- reaction to step back or reframe Decline requests that overwhelm you Seek support from trusted individuals or professionals.	Consider the best reaction before acting. Acknowledge emotional triggers without letting them control you. Provide unconditional support to yourself. Uncertainty is not permanent	Observe strong emotions without feeling overwhelmed Utilize your skills during challenges. Discuss difficult topics openly. Select options that align with your inner goals, even if it requires patience.