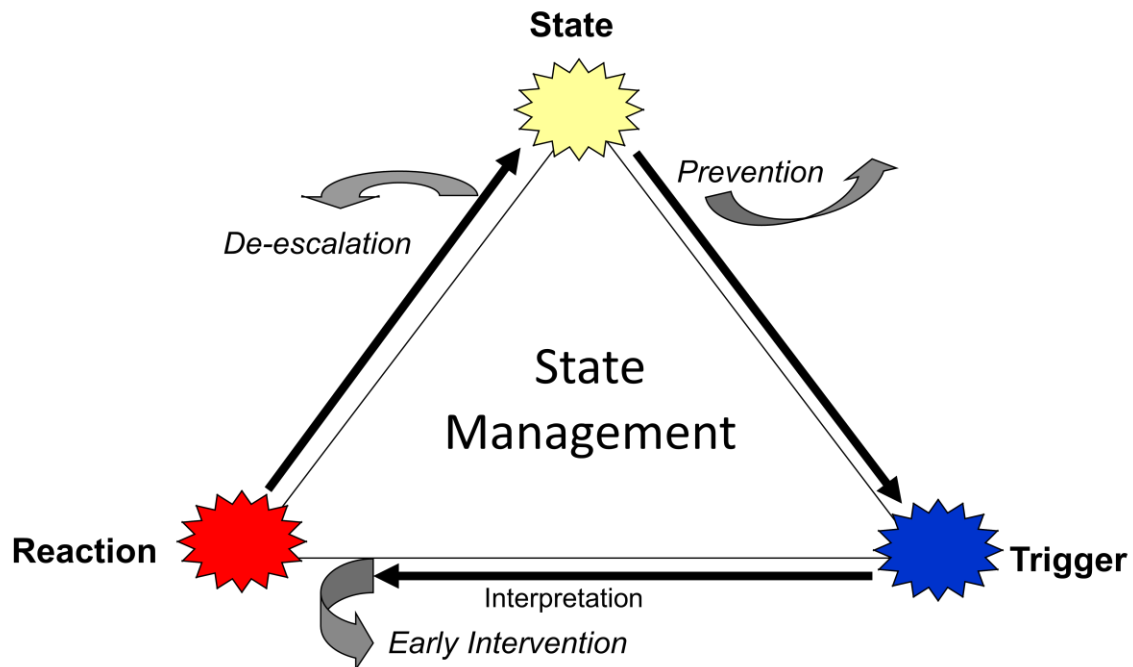


The Bermuda Triangle



Recall a situation in which you were emotionally hi-jacked.

- What happened?

- What state were you in just before the situation occurred?
- What triggered the hi-jacking?
- How did you re-act?
- How did you interpret the trigger/situation?
- What did you do afterward to shift your state?
- What can you do to manage your state to prevent a re-occurrence of the hi-jacking?