**Reflection: Amygdala Hijack**

Think about a time when you experienced an “amygdala hijack” in connection with a difficult person.

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| What emotions did you have? |
| What bodily sensations went along with those feelings? (e.g., changes in posture, level of tension, etc.) |
| Consider your thoughts about the other person. Did you?   |  |  |  | | --- | --- | --- | |  | **Yes** | **No** | | Notice only negative things and filter out anything positive about the person? |  |  | | Make a negative prediction about the outcome of the interaction? |  |  | | Compare the way you thought, felt, or acted to the way you *should* have? |  |  | | Judge the other person? |  |  | | Judge yourself? |  |  | |
| Now that you’re at a safe distance from the interaction, do any of your thoughts seem unrealistic? What would be a more realistic view of the situation? |