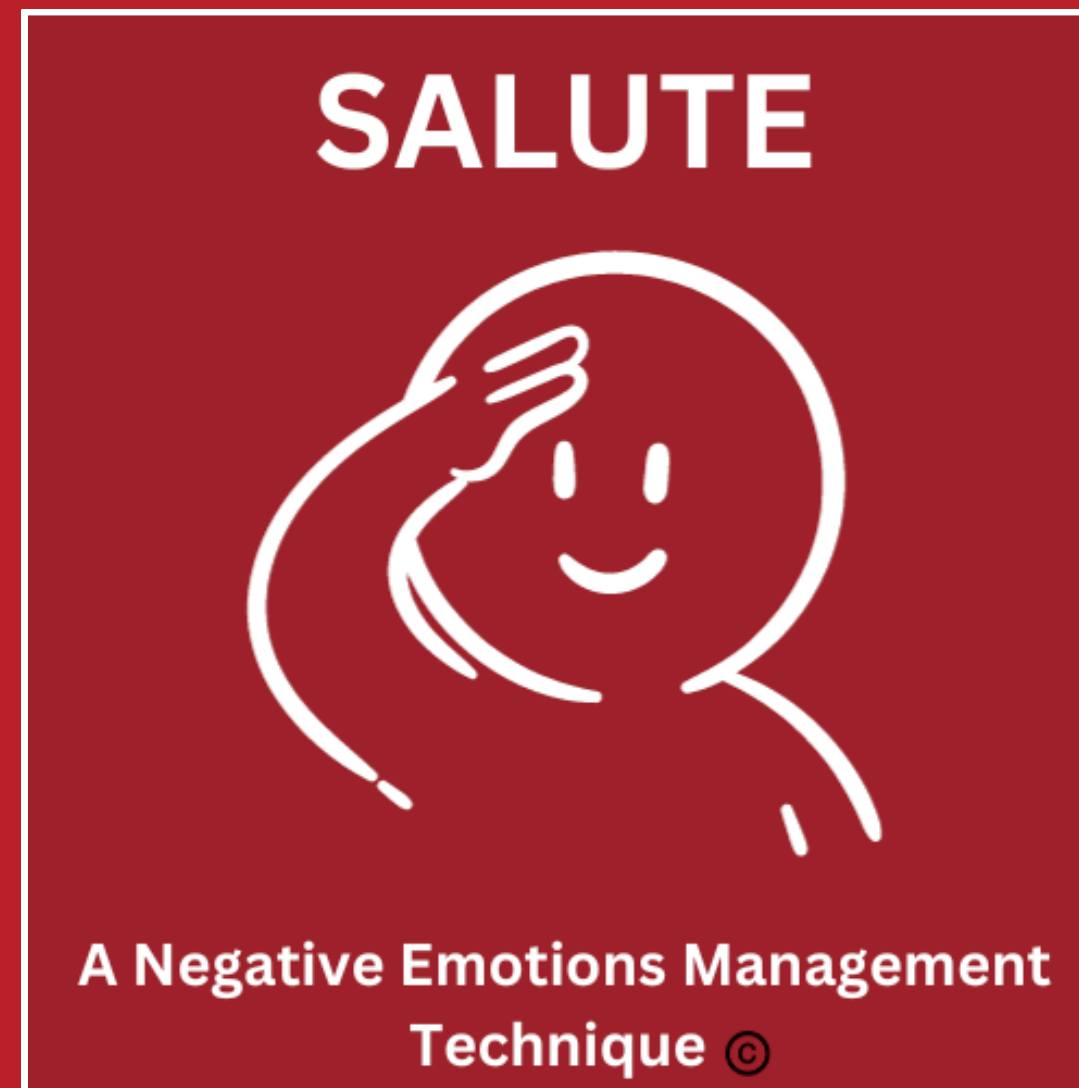


# Lesson Five: Third Step of the SALUTE Technique: L - Stands for Look Into



## Mini-Course

# Introducing L - Look Into

- Emotional overreactions often signal deeper, unresolved issues.
- The "Look Into" step helps explore what drives intense emotional responses.
- Gain insights into the root causes of emotions for more conscious responses.



# Importance of Looking Into Negative Emotions

- **Emotions as Signals:**
  - Negative emotions indicate that something isn't right.
  - They provide clues about unmet needs, fears, or past influences.
- **Move from Reaction to Response:**
  - Investigating emotions allows thoughtful responses instead of automatic reactions.
  - Helps break unhelpful patterns and reduces emotional intensity.



# Methods to Investigate and Understand Root Causes

- **Ask the "Why" Questions:**

- Use “why” questions to dig deeper into emotional responses.
- Continue probing with follow-ups to uncover underlying reasons.

- **Explore Underlying Needs:**

- Identify unmet needs that emotions may be signaling (e.g., need for respect, connection).
- Understanding needs helps address the root cause of feelings.



# Methods to Investigate and Understand Root Causes (Cont.)



- **Reflect on Past Experiences:**
  - Recognize when current emotions are linked to past experiences.
  - Distinguish between past pain and present situations for better emotional clarity.
- **Use the “5 Whys” Technique:**
  - Ask “why” multiple times to drill down to the true cause of emotions.
  - Helps reveal deeper fears or needs behind surface reactions.

# Journaling and Introspective Exercises

- **Daily Emotional Check-In:**
  - Reflect on daily emotions, triggers, and responses to identify patterns.
- **The "Emotion Diary":**
  - Journal specific emotions, their physical sensations, and associated thoughts.
  - Connect current emotions with past experiences or recurring themes.
- **Trigger Mapping:**
  - List common triggers and associated emotional responses.
  - Identify patterns to anticipate and manage reactions effectively.
- **“What’s Beneath the Surface?” Exercise:**
  - Explore deeper fears, needs, or beliefs contributing to intense emotions.

# Identifying Patterns and Triggers

- **Track Your Emotions:**
  - Use a mood tracker or journal to log emotions and identify recurring triggers.
- **Notice Physical Sensations:**
  - Recognize physical sensations that accompany emotions, like tension or tightness.
  - Helps catch and manage emotional reactions early.
- **Reflect on Specific People or Situations:**
  - Identify consistent emotional responses to certain people or environments.
  - Understand connections to prepare for or reduce emotional triggers.
- **Review Beliefs and Expectations:**
  - Examine how personal beliefs influence emotional patterns (e.g., fear of imperfection).
  - Consider re-evaluating beliefs that contribute to unhelpful emotional responses.

# Wrapping It Up

- The “Look Into” step encourages deeper exploration of your emotional landscape.
- Understanding emotions helps shift from impulsive reactions to thoughtful responses.
- Use techniques like asking why, journaling, and identifying patterns to gain emotional insight.
- Embrace emotions as guides—listen, learn, and navigate life with greater balance and control.

