

Modern Emotional Health

Answer the questions below to help you remember key points from the Modern Emotional Health webinar.

1. What are the three reasons why we use the word “modern” when talking about emotional health?

1. _____
2. _____
3. _____

2. Explain why the motivational triad is killing us in modern day.

3. Why is being happy all the time not the goal?

4. What is buffering?

5. What does 50/50 in relationships mean?

6. What are the five steps to modern emotional health?

1. _____
2. _____
3. _____
4. _____
5. _____

7. Why is diversity in expressing emotion important?

8. How do you generate emotion?

Answer the questions below to start your journey toward a healthy emotional life.

1. What does having a healthy emotional life mean to you?

2. How can you practice paying more attention to your emotions?

3. In what ways do you buffer (avoid negative emotion with something external) in your life?

4. In the future, what will you do instead of buffering when you experience a negative emotion?

5. What changes do you need to make to allow yourself to come into relationships as 100% the true you?

6. In the past, how have you played the victim or the villain role when indulging in negative emotion?

7. What goals would you set for yourself if you did not fear rejection or embarrassment?

8. What emotions do you need to generate to accomplish what you want to do?

If you'd like to learn more about modern emotional health, join us in [Self Coaching Scholars](#).