

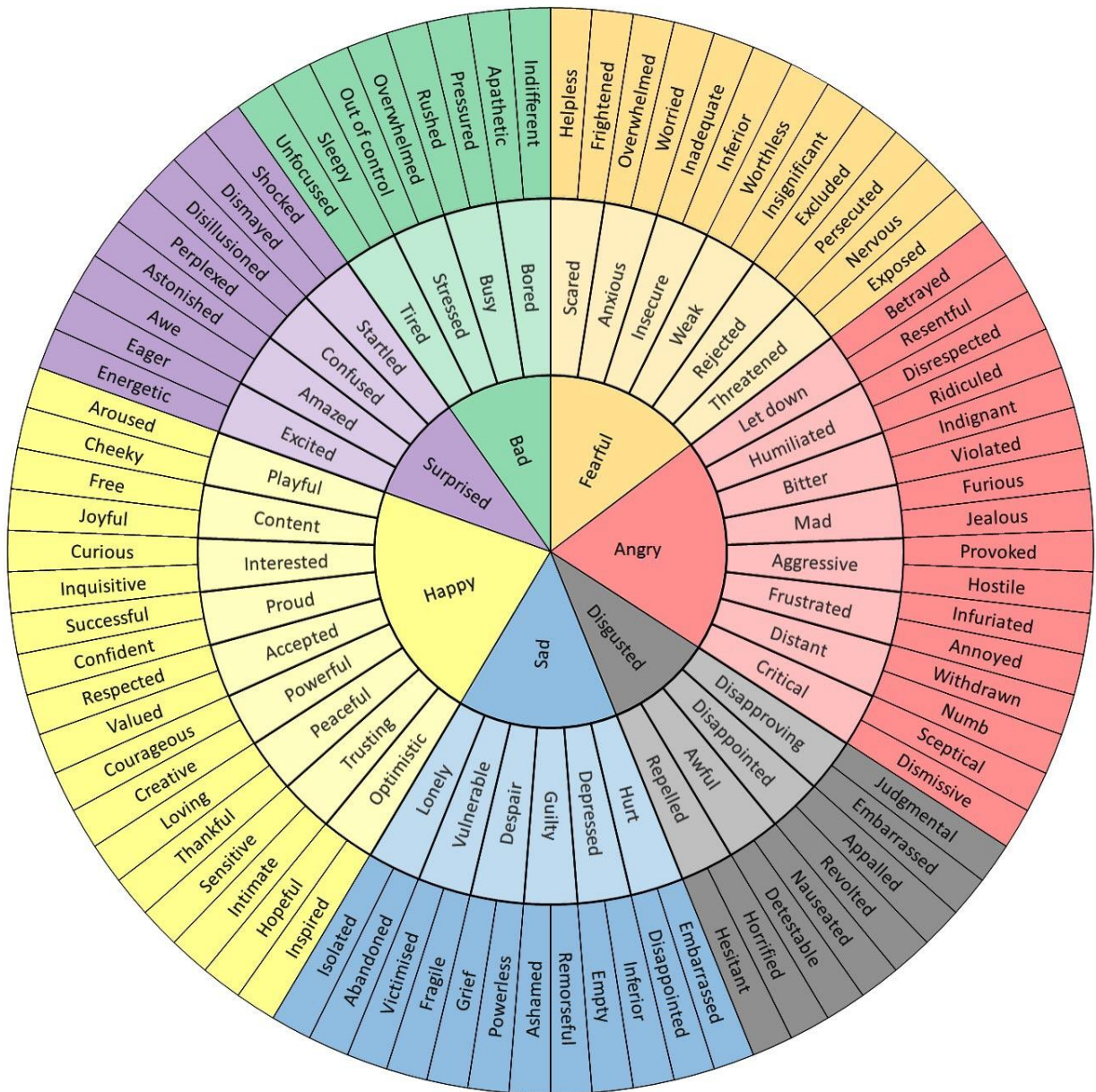
EP. 77 WFH整理情緒再溝通

檢視自己的情緒



<https://carolinewilliamsnz.com/2018/05/31/the-anger-iceberg/>

形容情緒的形容詞



<http://feelingswheel.com/>
<https://imgur.com/tCWChf6>

自己可以問的問題

Questions to ask yourself:

- What would you like to solve right now?

- What is the reason that you want this problem to go away?
- What is the importance of solving it now?
- What is getting in your way?
- If you were to have an invincible cape, what would you want to accomplish now?
- What could be the first step you take today to move forward?
- If you were to wake up tomorrow and one thing was magically off your plate, what would you want that one thing to be?
- What do you want to ask yourself right now?