

Emotion, Thought, and Action

Key Idea: An emotion can create an urge without requiring action. The distinction between urge and action is especially useful.



EMOTION

What am I feeling?

THOUGHT

What is my mind saying about this?



URGE

What do I want to do right now?

ACTION

What did I actually choose to do?



RESULT

What happened afterward?



If I gave myself ten minutes before acting, what response would I be more likely to respect later?

