

What Set It Off, What It Was About

Tell apart the small thing that set you off from the bigger thing underneath.

WHEN TO USE THIS

Use this when your reaction felt much bigger than the thing that caused it.

Line them up side by side.

WHAT SET IT OFF

WHAT IT WAS REALLY ABOUT

If the second column is true, what has been building up lately?

Weeks or months, not minutes.

Small things set off big feelings when the big feelings have nowhere else to go. That is not you being unreasonable.

Who or what actually needs your attention here?

Naming the real thing does not fix it, but it stops you fighting the wrong battle.