

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #5: Grumpy for No Reason?

Our brains are hardwired for picking up on the emotions of others - it's a bit like a telepathic ability.

Feeling grumpy? Ask yourself why you feel that way. What triggered the feeling? Remember that our moods can have a profound impact on the emotional states of others. - Lisa J. Lucas

Grumpy? How are you feeling?

Why do you feel that way?

What triggered that feeling?

It is not a person or situation that affects your life; it is the meaning you give to that person or situation which influences your emotions and actions. Your choice is to change the meaning you gave it or to change your response, in order to create the outcome you want. - Shannon L. Alder