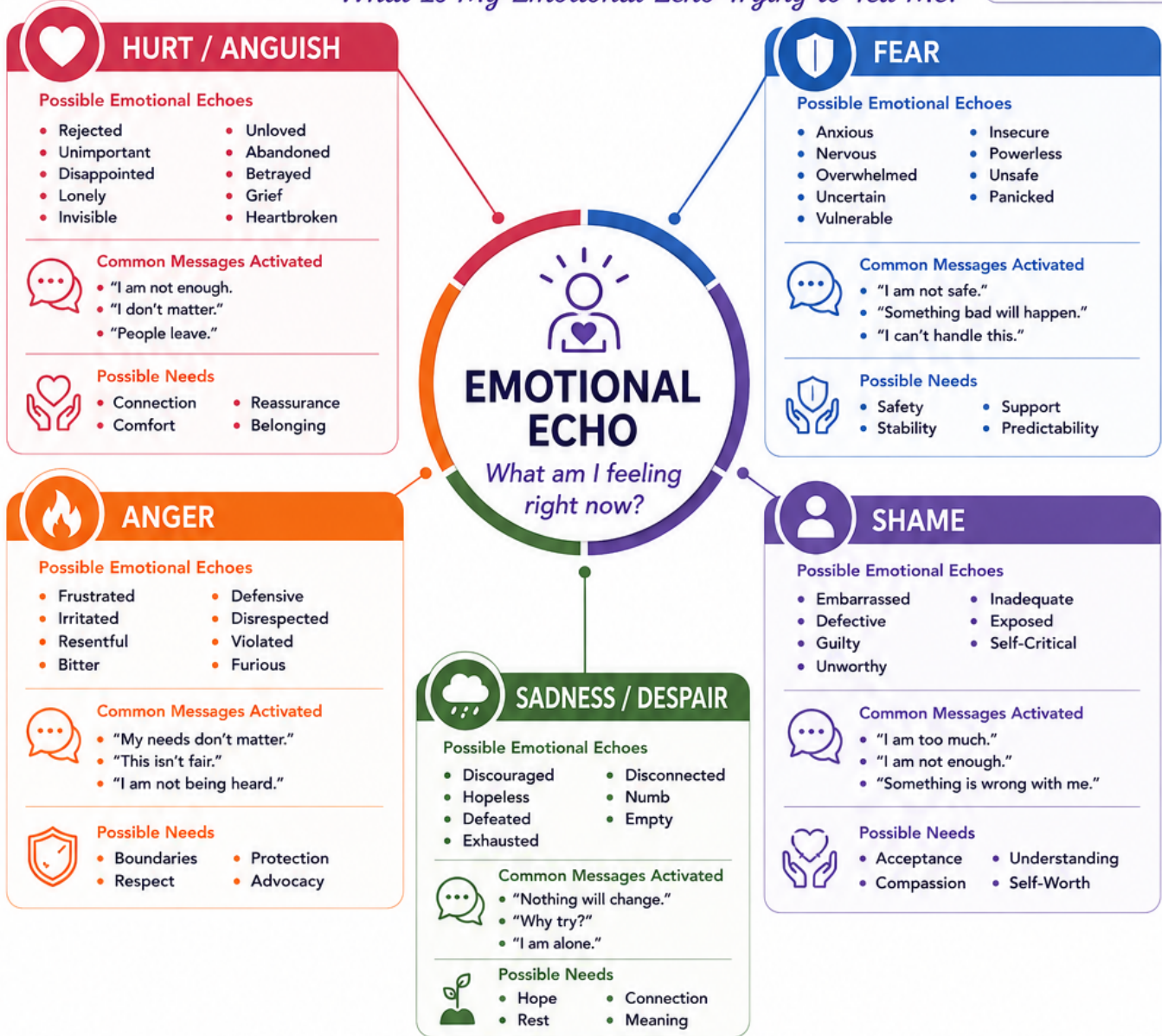


# CMBT EMOTIONAL ECHO IDENTIFICATION GUIDE

*What Is My Emotional Echo Trying to Tell Me?*

Emotions are information. They are echoes of our core messages and unmet needs.



## CLINICIAN QUICK QUESTIONS TO IDENTIFY EMOTIONAL ECHOES

	<p>1. What emotion is showing up?</p> <p>_____</p> <p>_____</p>		<p>2. Where do you notice it in your body?</p> <p>_____</p> <p>_____</p>		<p>3. What message might be activated?</p> <p>_____</p> <p>_____</p>		<p>4. What need may be underneath it?</p> <p>_____</p> <p>_____</p>		<p>5. What protective response follows?</p> <p>_____</p> <p>_____</p>
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## CMBT FLOW: FROM ECHO TO UNDERSTANDING



**REMEMBER**  
There are no "bad" emotions. Every emotional echo is trying to protect you, communicate something important, or guide you toward a need that matters.

Your emotions make sense in context.