

## **What is Disruptive Emotion**

Disruptive Emotion is a state in which we feel disturbed and that leads us in few milliseconds to decide on how to act more often unconsciously and automatically through common behaviors that have shown results in the past.

## **Our common behaviors**

There are 4 common behaviors that structure our strategies to shape a solution to a stimuli ( disruptive event ) that trigger our disruptive emotion

1. Agressivité and fight
2. Avoidance or Flight
3. Control and taking authority
4. Inhibition thru loosing our means

As human, We are automatically driven by those common behaviors till the time we choose to be aware of them .

## **Take your time to Reflect**

And you in which situation you felt trapped into disruptive emotion?

how did you behave?