

🌟 Are You Secretly Giving Your Control to Others?

A Brain-Ready Reflection Experience

🌟 BEFORE YOU BEGIN

This is NOT a test.

There are no perfect answers.

This is a:
🧠 pattern-recognition experience.

The goal is simply to:

- 🌟 notice patterns
- 🌟 think more deeply
- 🌟 and become more aware of how emotions and thoughts work.

Because awareness creates interruption.
And interruption creates choice. 🧡

🌟 PART 1 — Spot the Pattern

1. In the video, what happened when the student imagined the other person suddenly changing?

- They became confused
- They became angry
- They said they would feel happy
- They wanted revenge

2. What important idea was being explored?

- Other people control your emotions forever
- Happiness depends completely on other people changing
- People can accidentally give too much emotional control to others
- The only way to feel good is if everyone likes you

3. Complete the sentence from the video:

✨ “Your job is to make a decision to be happy _____.”

- someday
- if people behave
- no matter what
- only at school

✨ Brain-Ready Reminder

Sometimes people accidentally hand their emotional remote control to other people without realizing it.

Awareness helps us notice the pattern...
so we can make new choices. 🧡

✨ PART 2 — Which Pattern Is This?

Read each statement carefully.

Then decide:

- Protecting My Peace
- OR
- Giving Away My Control

1. “If people are rude to me, I can still choose how I respond.”

- Protecting My Peace
- Giving Away My Control

2. “I can’t feel okay unless everyone likes me.”

- Protecting My Peace
- Giving Away My Control

3. “I can protect my peace without pretending problems don’t exist.”

- Protecting My Peace
- Giving Away My Control

4. “One mean comment ruins my whole day.”

- Protecting My Peace
- Giving Away My Control

5. “I can notice negative energy without letting it take over my mind.”

- Protecting My Peace
- Giving Away My Control

PART 3 — Pattern Shift Practice

Sometimes the brain creates automatic emotional stories.

But patterns can change.

Let’s practice shifting them.

Example

✗ “They ruined my mood.”

➡ “I can choose how much I let this affect me.”

🌟 Your Turn

✗ “They made me feel bad.”

➡ _____

✗ “I can’t stop thinking about what they said.”

➡ _____

✗ “If they change, THEN I can be happy.”

➡ _____

✗ “Everybody’s opinion controls me.”

➡ _____

🌟 PART 4 — Think Like a Pattern Detective 🧠



In the video, the teacher said:

🌟 “Don’t let people get inside your head.”

What do YOU think that means?

🌟 PART 5 — Emotional Awareness Check-In 💛

Think about the last time someone upset you.

Without naming the person, answer:

What happened inside YOU?

- My thoughts started spiraling
- I became angry
- I became sad
- I started doubting myself
- I replayed the situation over and over
- I felt pressure in my body
- I felt calmer after thinking about it
- I noticed I was giving away my control

🌟 PART 6 — Brain-Ready Reflection

Put your hand over your heart and complete this sentence:

✨ “I have decided...”

🌟 **BONUS CHALLENGE** 🌟

For the next 24 hours:

🧠 Notice:

How often do other people affect:

- your mood?
- your confidence?
- your thoughts about yourself?

Then ask yourself:

✨ “Am I protecting my peace...
or accidentally giving away my control?” 🧡