

THE BREWERY BRAIN

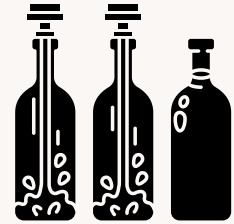
GENERAL OVERVIEW



The Bottler (*Suppressing Emotions*)

Pushing emotions aside to avoid discomfort.

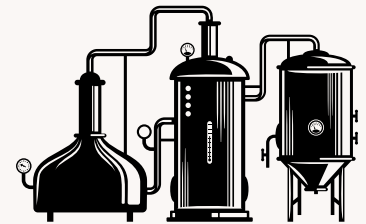
- **Types of thoughts:**
 - "I'm fine" when overwhelmed.
 - "I'll deal with it later."
 - "Stay positive, no time for this."
- **Impact:**
 - Short-term: Maintains function under pressure.
 - Long-term: Leads to burnout and emotions resurfacing unpredictably.
- **Strategies:**
 - Pause and label your emotions daily (e.g., "frustrated," "nervous").
 - Use a journal or mood tracker to stay aware.



The Brewer (*Ruminating on Emotions*)

Getting stuck in emotions through overthinking.

- **Types of thoughts:**
 - "I can't believe they did that."
 - "What if everything goes wrong?"
 - "I'm such a failure."
- **Impact:**
 - Short-term: Feels like control through analysis.
 - Long-term: Increases stress and mental fatigue.
- **Strategy:**
 - Name-It-to-Tame-It. Label the thought ("This is self-doubt") and take one small value-aligned action.



The Be - er (*Emotional Agility*)

Acknowledging emotions without judgment and using them as signals.

- **Types of thoughts:**
 - "I feel disappointed, not angry."
 - "This feeling will pass."
 - "What matters most right now?"
- **Impact:**
 - Short-term: Encourages thoughtful responses.
 - Long-term: Builds resilience and well-being by aligning actions with values.

