

EMOTIONAL HIJACKING

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

EMOTIONAL HIJACKING

is the experience of being captured by your emotional reaction in response to stimuli: things you sense or experience around you.



When your brain feels threatened your instinctive, self-protective wiring tells you to defend yourself.



Your brain processes physical threats and emotional threats the same way. If you feel humiliated you can feel threatened in the same way as if someone hit you.

In that moment, you don't stop and think. You don't care about others. You just react. **You get emotionally hijacked.**



Say out loud "It happens to everyone."

You're not a bad person, you had a bad moment.

Feel your feelings, but don't let them own you.

Remember humans are complicated, but don't ignore hurt you may have caused. Plan to repair it.

If you admit your vulnerability it makes things easier.

