PRACTICE — EMOTIONAL AUTHORITY

Before you give your answer

On Thursday, a friend texts you: "We're going hiking on Saturday. Want to come? There's room in the car."

As you read, you can already picture the trail and the two of you catching up in the car. You're about to say yes when you remember how much you've been looking forward to a morning at home. Your friend only needs to know by Friday. You have time.

In this chart, **emotional authority** is an invitation to notice how you feel about a decision as your mood changes. You might start with a simple reply: "That sounds lovely. Can I let you know tomorrow?"

Read the message again later. Perhaps you still want to go hiking and it was the early start that put you off. Or perhaps what you really want is to see your friend, and you'd rather suggest a shorter walk. Sometimes your answer stays the same, but now you can say what you like about the plan.

> WHEN YOU COME BACK TO THIS PAGE
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> When you first read the message, what appealed to you about the plan? What still appeals to you now?