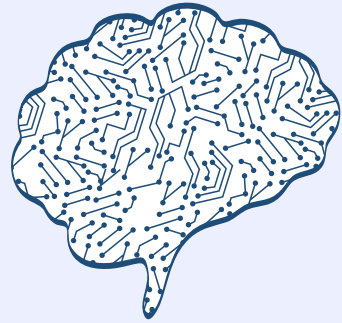


METACOGNITION



@namethetotamethem

**Metacognition
means thinking
about your
thinking.**

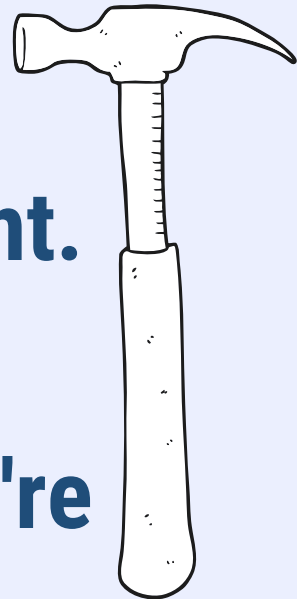


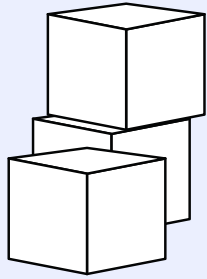
**Emotions don't just happen to
us.**

**Emotions are not hard wired in
our brains.**

**Emotions are guesses your
brain constructs in the moment.**

**Emotions are *not built in*, they're
just built**



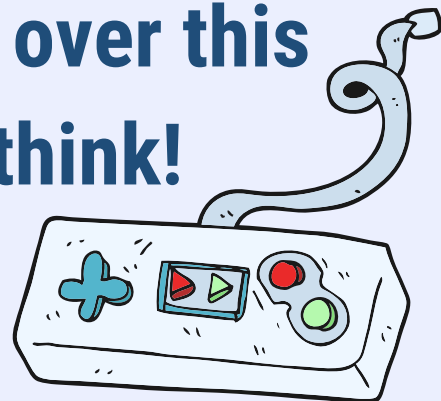


**Metacognition is
super important
because it helps you
become the architect
of your experience**

**Emotions that seem to happen TO
you are actually made BY you.**

**Your brain reacts to the world around
you and makes predictions about
what is going on and how to interpret
it.**

**You have more control over this
process than you may think!**



@namethemtotamethem

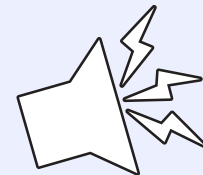
Metacognition is empowering! It lets you:

Reflect on your experiences and emotions

Have more control over your feelings

**Plant new predictions in your brain so that it
makes new predictions in the future**

**Start to build an emotional volume control in
your brain. YOU can start decide what gets to
be loud and what gets to be quiet**



You matter.

**Your emotions
matter.**

**Start thinking about
your thinking.**