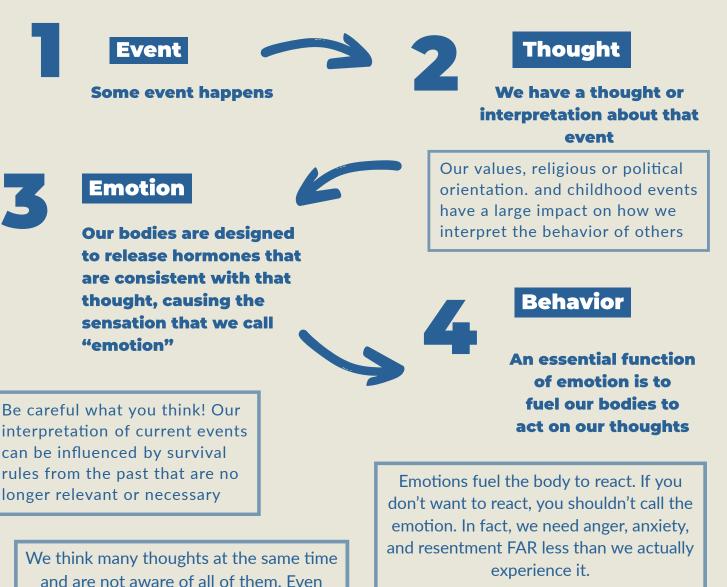
## emotions



**Greg Kovacs, PhD, LMFT** 



Our bodies don't care if your interpretation is accurate; if you believe it, your body will create the emotion consistent with your interpretation.



**Coparenting and Couple's Therapy** 

thoughts we are not aware of can create emotion (ever feel sad out of the blue? It's

because you're thinking something!)

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