

## Dealing with Destructive Emotions

<p>What emotion am I feeling?</p> <p>What am I thinking?</p>	<p>What can I notice in my body?</p> <p>Where do I feel it?</p>	<p><b>STOP!</b> Take a breath.</p> <p>What am I reacting to? What does this situation mean/say about me? Is this fact or opinion? What's pressing my buttons? Where is my focus of attention? How could I see things differently? How important is this? Is my reaction in proportion to the occurrence? Take the helicopter view!</p>	<p>Do what works!</p> <p>Consequences of my action? What will be the best action? What is best for me/others and for this situation? Is this in keeping with my ethics &amp; values?</p>	<p>Where do you feel this emotion in your body? If this feeling had a colour, what would it be? What shape is it? How big is it? What consistency is it? If you felt better: What colour would it be? What about the shape? The size? The consistency? Notice that feeling</p>
<b>Emotion</b>	<b>Body</b>	<b>Thinking another way</b>	<b>Doing differently</b>	<b>Imagery</b>
<p><b>Depression</b></p> <p>I'm useless I'm worthless Everything is hopeless</p>	<p>Fatigue Slowed down Do less Stay in bed/home Disinterest Can't concentrate</p> <p><i>Action urge: withdraw</i></p>	<p>It's okay to feel sad about this situation, but I can get through it. I'm looking through those 'gloomy specs' again. This doesn't mean I'm a worthless person. What would be a more helpful way of looking at things? If I do something anyway - I'll feel better.</p>	<p>Do things anyway - in spite of how I'm feeling. Get up, Get out. Do something enjoyable or useful. Focus attention outside of me and my situation.</p>	<p>In your mind's eye, see yourself doing &amp; enjoying the things you used to or would like to enjoy doing &amp; successfully doing what you need to do. <i>Visualise orange for positive energy. Breathe in orange, and breathe out</i></p>
<p><b>Anxiety</b></p> <p>Something bad is going to happen I won't be able to cope</p>	<p>Adrenaline response - Body's alarm system. Energised for fight or flight.</p> <p><i>Action urge: Escape &amp; avoid</i></p>	<p>Is this threat a real one? Am I misreading things? Am I exaggerating the threat? I feel bad, but that doesn't mean things really are so bad. I can cope with these feelings; I've got through it before. What would be a more helpful way of looking at things?</p>	<p>How will doing this affect me in the long term? Don't avoid situations - go anyway, and stick it out. Take things slowly or gradually. Focus attention outside of me - external rather than internal focus.</p>	<p>Imagine yourself coping in a situation that you feel anxious about. See the situation through to a successful completion.</p> <p><i>Visualise blue for calm. Breathe in blue and breathe out red.</i></p>
<p><b>Anger</b></p> <p>It's not fair Others are bad I won't stand for it</p>	<p>Adrenaline response - Body's alarm system. Energised for fight or flight</p> <p><i>Action urge: Attack</i></p>	<p>What am I reacting to? What's pressing my buttons? Am I over-reacting? Is my reaction in proportion to the actual occurrence? How important is this? I feel like I'm being unfairly treated, but maybe they didn't mean it that way. Am I misreading things? What's the best thing to do here?</p>	<p>Take a breath. Do the best thing - best for me, for others and for the situation. Walk away/approach gently. When feeling calm, if still appropriate, do something about it in a calm, non-aggressive but assertive way.</p>	<p>Visualise yourself handling this situation in a calm, non-aggressive but assertive way, respecting the rights &amp; opinions of everyone involved.</p> <p><i>Visualise blue for calm, or green for balance. Breathe in green/blue &amp; breathe out red.</i></p>

