

Exercise sheet

DEALING WITH NEGATIVE EMOTIONS

i This first page explains what each section is about.

Émotion

What emotion am I feeling?
What am I thinking about?

Body

What can I notice in my body?
Where do I feel it?

Think differently

- STOP! Breathe in, breathe out.
- What am I reacting to? What does this situation mean or say about me? Is it a fact or an opinion?
- How could I see things differently? What would I say to someone else in the same situation? How important is it? Is my reaction proportionate to the scale of the event?

Do things differently

- Do what works!
- What will be the consequences of my action?
- What will be the most effective action?
- What will be best for me, for others and for this situation?
- Is it in line with my principles and values?

Visualisation

- Where do you feel the emotion in your body?
If this emotion had a colour, what would it be? How big is the emotion? What is its consistency?
- If you felt better, what colour would it be? What shape? Size? Consistency? Note this feeling now.

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DEALING WITH NEGATIVE EMOTIONS

Emotion

Depression

I am useless,
I am worthless.
Everything is hopeless.

Body

Fatigue, slowing down, doing less
Staying in bed/at home
Lack of interest
Not being able to concentrate
Emergency action: withdraw

Think differently

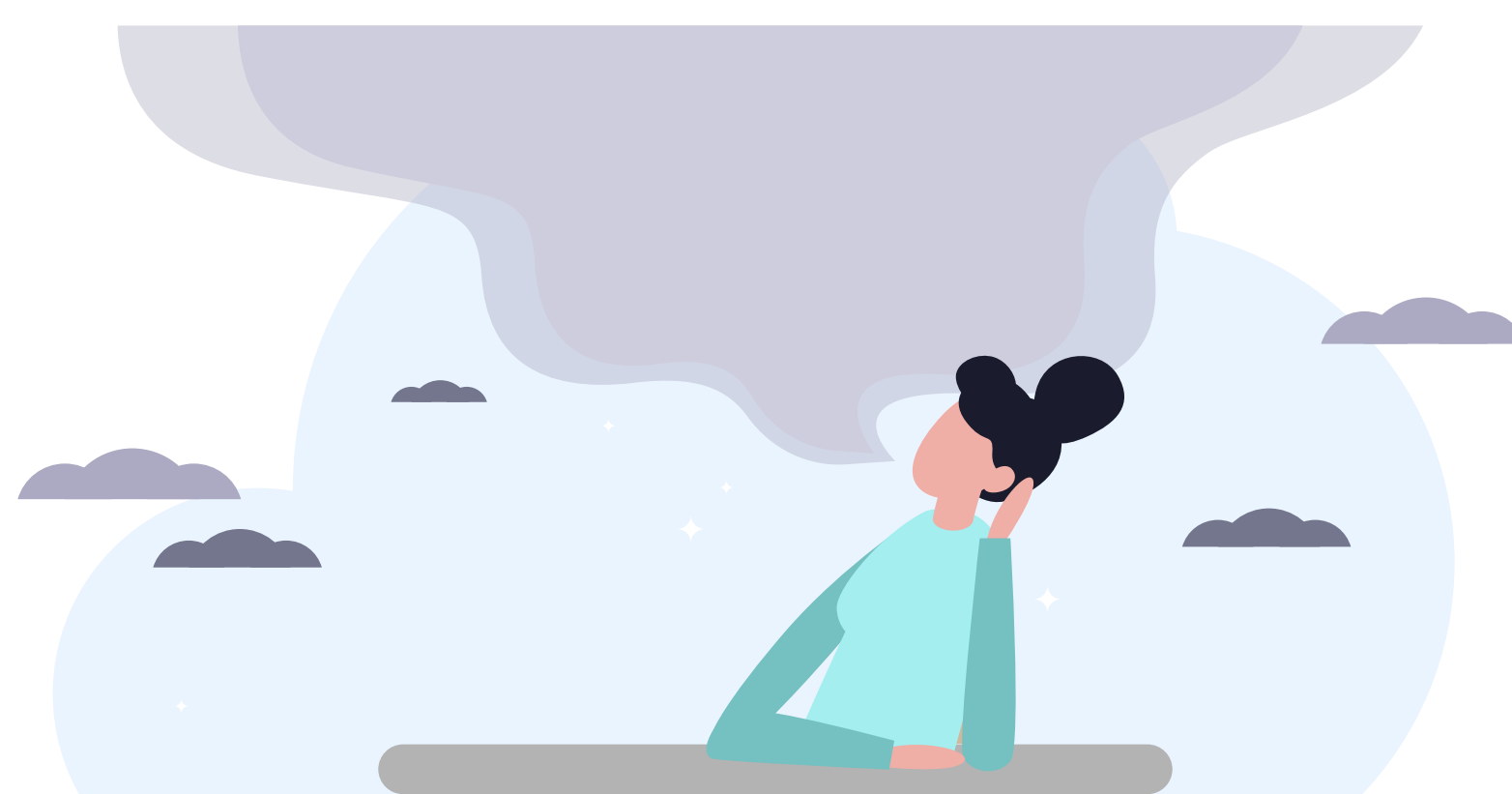
It is normal to feel sad about this situation, but I can get through it.
I am seeing it through dark-coloured "glasses". This does not mean that
I am a worthless person. What other way of seeing things would be more useful?
In any case, if I do something, I will feel better.

Do things differently

Do something anyway — in spite of how you feel. Stand up.
Go out. Do something enjoyable or useful. Spend time with or contact
others. Focus your attention away from yourself and your situation.

Visualisation

In your mind, see yourself doing and enjoying the things that you used to do or
that you want to enjoy doing, and succeeding in what you have to do. Visualise orange for
positive energy. Breathe in orange and breathe out blue/black.



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Emotion

Anxiety

Something bad is going to happen. I won't be able to cope with it.

Body

Response: Adrenaline —
The body's alarm system. Ready for fight or flight. Emergency action: escape and avoid.

Think differently

Is this a real threat or is it not really going to happen? Am I exaggerating the threat? Have I misunderstood things? I feel bad, but that doesn't mean that things are really that bad. I can deal with these feelings, I've been there before and got through it. What would someone else say about this? What would be a more useful way of looking at things?

Do things differently

How will this affect me in the long term? Don't avoid situations — go anyway and stick it out. Solve problems or make plans if necessary. Take things slowly or gradually. Focus your attention away from yourself — externally rather than internally.

Visualisation

Imagine yourself dealing with a situation in which you feel anxious or worried. See the situation through to a successful conclusion.

Visualise blue for calm. Breathe in blue and breathe out red.



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DEALING WITH NEGATIVE EMOTIONS

Emotion

Anger

It's not fair.
Other people are bad.
I won't stand for it.

Body

Response: Adrenaline —
The body's alarm system. Ready
for fight or flight.
Emergency action: attack.

Think differently

What am I reacting to? What's pressing my buttons here? Is my reaction proportionate to the actual event? How important is it? I feel that I am being treated unfairly, but maybe they didn't mean it that way. Have I misunderstood things? What is the best thing to do here?

Do things differently

Breathe in, breathe out. Do the best thing — for me, for others and for the situation. Move away or approach slowly. When you feel calm, if it is still appropriate, do something in a calm, non-aggressive but assertive way.

Visualisation

Visualise yourself dealing with this situation in a calm, non-aggressive but assertive way, respecting the rights and opinions of all involved.

Visualise blue for calm or green for balance. Breathe in green/blue and breathe out red.

