

HOW TO WORK THROUGH YOUR EMOTIONS?

Name The Emotion

- I'm feeling _____
Examples: Angry, Sad, Stressed
- I felt like _____
(describe in a few words)

Identify The Cause

- I was _____ (where)
- I remember noticing _____

Challenge The Emotion

- Was my _____ (feeling) appropriate to the situation?
- Is this situation a distress that I can control?
- If it is out of my control, is this a distress I have to accept and tolerate?

Identify The Behavior

- When I felt _____, I _____ (behavior, action)
- What I wish I had done was _____.

#KeepCalmAndReadAtCalmSage

