

Managing Emotions

Steps to help you deal with Difficult Emotions

1

Turn toward your emotions with **ACCEPTANCE**

Become aware of the emotion and identify where you sense it in your body

2

IDENTIFY AND LABEL the emotion

To stay mindful, say to yourself
“This is sadness” or “This is anxiety”

3

ACCEPT your emotions

Don't deny the emotion - acknowledge and accept it is there.

4

Realise the **IMPORTANCE** of your emotions

Even if the emotion feels overwhelming, remember that everything is temporary and it will pass.

5

INQUIRE AND INVESTIGATE

Ask yourself - “What triggered me?
Why do I feel this way?”

6

LET GO of the need to control your emotions.

Be open to the outcome of your emotions and what unfolds.



Three - Component Model of Emotions

Thoughts Create Feelings

Thoughts refer to the ways that we make sense of situations. Thoughts can take a number of forms, including verbal forms such as words, sentences, and explicit ideas, as well as non-verbal forms such as mental images. Thoughts are the running commentary we hear in our minds throughout our lives.

The term **feelings** here doesn't refer to emotion, but the physiological changes that occur as a result of emotion. For instance, when we feel the emotion of anger, we have the feeling of our face flushing. When we feel the emotion of anxiety, we have the feelings of our heart pounding and muscles tensing. Feelings are the hard-wired physical manifestation of emotion.

Feelings Create Behaviour

Behaviors are simply the things we do. Importantly, behaviors are also the things we don't do. For instance, if we feel overwhelming anxiety, we might bow out meeting friends. On the other hand, if instead we feel confident, we might actually seek out those sorts of engagements.

Behaviour Reinforces Thoughts

Each of these components interacts with the other to create moods and emotional patterns. Changing one component results in a chain reaction that changes the others.

