

# MANAGING EMOTIONS

## Exercise

### Instructions:

This exercise was developed to help you recognize and gain control of your thinking, and consequently your emotions, in a given situation.

The first step in the process is identifying the activating event (A). What was the situation in which you felt a troubling emotion (e.g., anxiety, anger, fear, self-doubt).

Second, identify the beliefs/thoughts (B) that you were using to describe or explain that event. What were you thinking?

Third, examine the consequences (C) of having those beliefs/thoughts. How did you *feel* emotionally as a result of what you were thinking? What did you *do* as a result of your thoughts?

OK, now it's time to change the thoughts you used in that situation. Dispute (D) your original thoughts by asking yourself such questions as:

- o Is this thought helpful? What is a more helpful thought?
- o What would I tell a friend in this situation? (Perhaps follow this advice.)
- o What evidence do I have that what I'm thinking is really true? What is the evidence against it?
- o Is there any other reason this situation could be happening (i.e., alternative explanations)?
- o Is there another way of looking at this situation (i.e., other points-of-view)?
- o What is the worst/best/most likely outcome? If the worst did happen, how could I cope? Would I live through it?
- o Is there anything I can do about this right now? If yes, take appropriate action. If no, accept and move on.

Finally, changing your thoughts often leads to more positive emotions (energization; E). At this step, you will be asked to jot down some thoughts about how you feel after disputing the beliefs.

# MANAGING EMOTIONS

## Exercise

<p><b>Activating Event</b></p> <p>What is the event/situation?</p>	
<p><b>Beliefs/Thoughts</b></p> <p>What did you say to yourself?</p> <p>What was running through your mind?</p>	
<p><b>Consequences</b></p> <p>How did you <i>feel</i>?</p> <p>What did you <i>do</i> as a result of the belief?</p> <p><b>Disputation</b></p> <p>Challenge or reframe the thought/belief.</p> <p>What may be a more helpful thought?</p>	
<p><b>Energization</b></p> <p>How do you feel <i>after</i> disputing the belief?</p> <p>What happened to your mood?</p>	