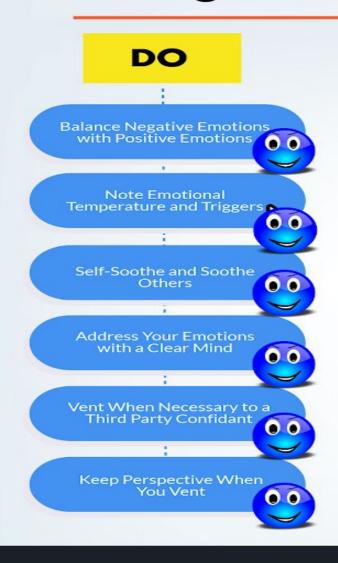
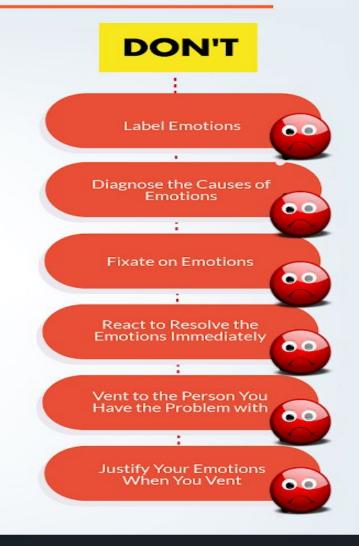
Dealing with Strong Emotions





Ways to Self-Soothe

Count Backward from Ten Visualize Breathe Deeply 3X

Visualize Something Relaxing Change the Subject

Walk Away Listen to Calming Music

Pause

Distract Yourself

Ignore Upsetting Comments **Forgive**

Take a Justified Break Adopt a Relaxed Position

Ways to Balance Emotions

Express Appreciation Build Affiliation

Respect Autonomy

Acknowledge Status

Choose Fulfilling Roles



Preparing for Emotional Encounters

Acknowledge the emotion "It sounds like you're feeling"
Validate the emotion "It's okay to have those feelings." "Many people share those feelings."
Invite reflection "Would you like to tell me more about how you're feeling?"
Invite curiosity "Tell me more"
Go into actions only when invited "I appreciate you asking for help. Let's look at some of your options."
Know your role *You are not a therapist, you are an ear to listen*