

Dealing with Strong Emotions

DO

Balance Negative Emotions with Positive Emotions



Note Emotional Temperature and Triggers



Self-Soothe and Soothe Others



Address Your Emotions with a Clear Mind



Vent When Necessary to a Third Party Confidant



Keep Perspective When You Vent



DON'T

Label Emotions



Diagnose the Causes of Emotions



Fixate on Emotions



React to Resolve the Emotions Immediately



Vent to the Person You Have the Problem with



Justify Your Emotions When You Vent



Ways to Self-Soothe

Count Backward from Ten

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