

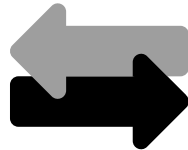
CHANGING EMOTIONAL RESPONSES

Check the Facts



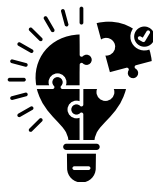
- Check out whether your emotional reactions fit the facts
- of the situation.
- Changing your beliefs and assumptions to fit the facts can help you change your emotional reactions to situations.

Opposite Action



- When your emotions do not fit the facts or when acting on your emotions is not effective, acting opposite (all the way), will change your emotional reactions.

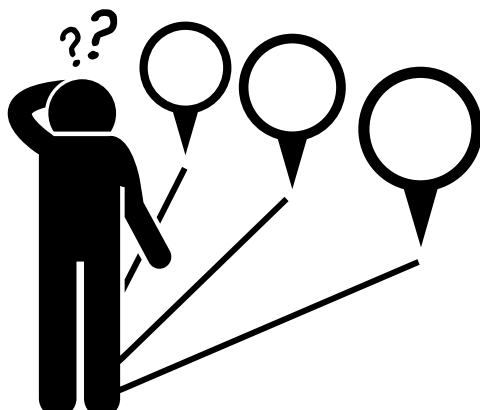
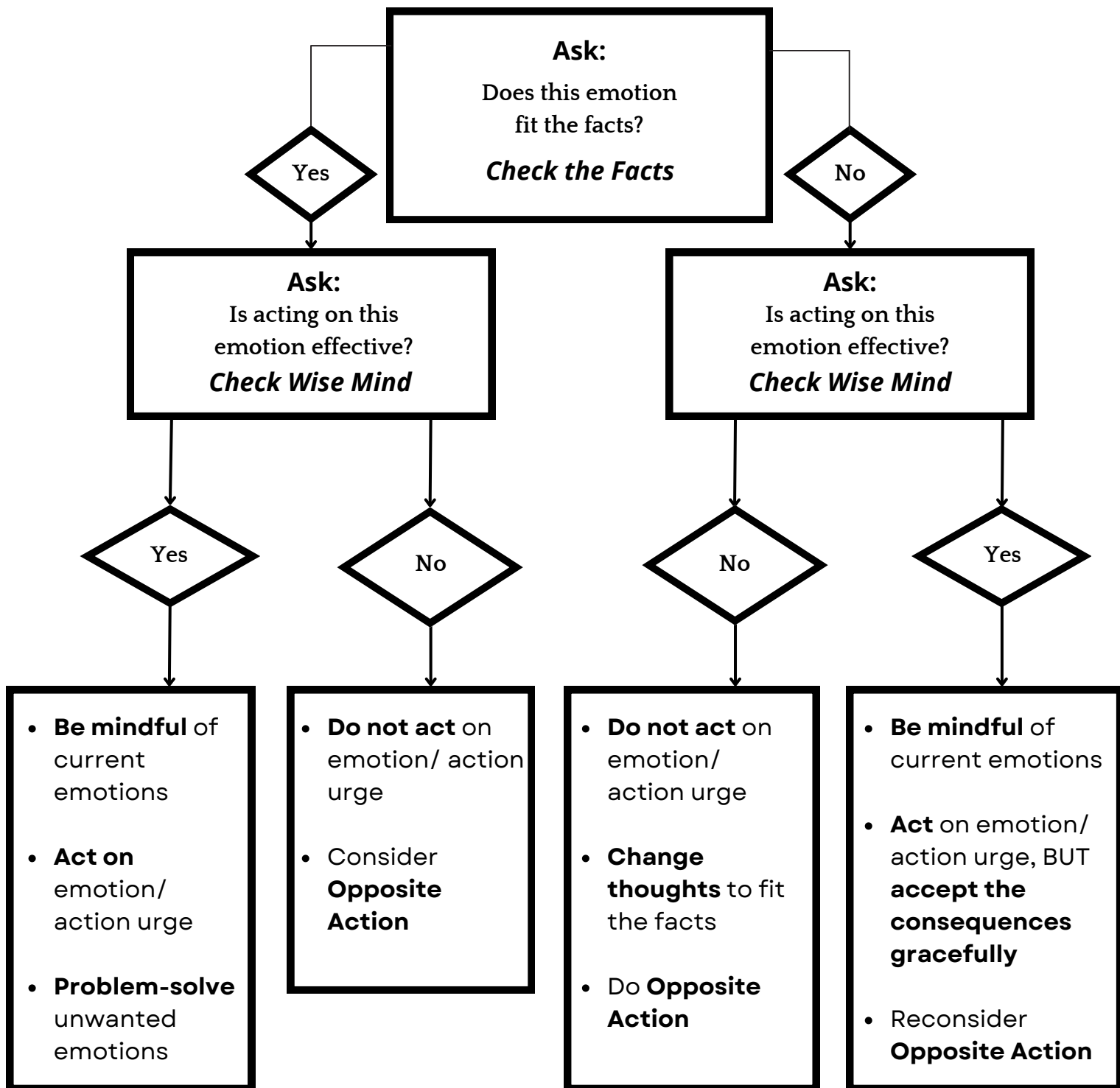
Problem Solving



- When the facts themselves are the problem, solving the problem, will reduce the frequency of negative emotions.

CHANGING EMOTIONAL RESPONSES

Deciding Which to Use



CHECK THE FACTS

Our thoughts and interpretations, rather than events themselves, often trigger our emotions and actions. Emotions can also strongly influence our thoughts about events. By examining our thoughts and checking the facts, we can change our emotions.

How to Check the Facts

STEP 1. ASK: WHAT IS THE EMOTION I WANT TO CHANGE?

STEP 2. ASK: WHAT IS THE EVENT PROMPTING MY EMOTION?

Describe the facts you observed through your senses. Challenge judgements, absolutes, and black and white thinking.

STEP 3. ASK: WHAT ARE MY INTERPRETATIONS, THOUGHTS, AND ASSUMPTIONS ABOUT THE EVENT?

Think of other possible interpretations. Practice looking at all sides of the situation and all points of view. Test your interpretations and assumptions to see if they fit the facts.

CHECK THE FACTS

STEP 4. ASK: AM I ASSUMING A THREAT?

Label the threat. Assess the probability that the threatening event will really occur. Think of as many other possible outcomes as you can.

STEP 5. ASK: WHAT'S THE CATASTROPHE?

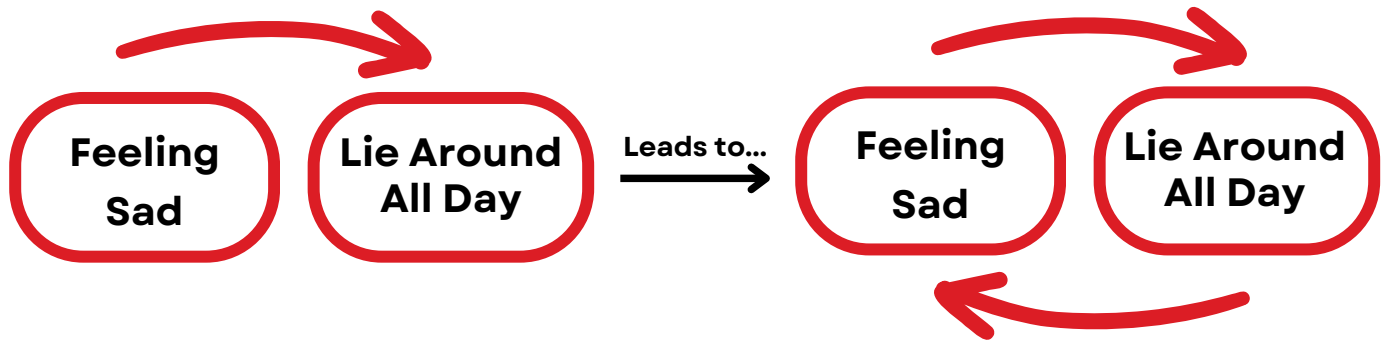
Imagine the catastrophe really occurring. Imagine coping well with a catastrophe using effective skills.

STEP 6. ASK: DOES MY EMOTION AND/OR ITS INTENSITY FIT THE ACTUAL FACTS?

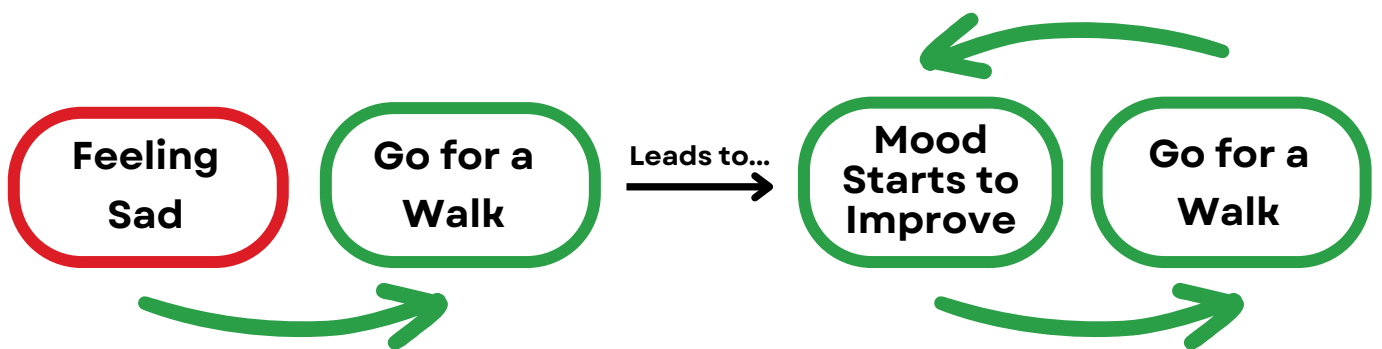
Check out facts that fit each emotion. Ask Wise Mind.

OPPOSITE ACTION & EMOTIONS

When we feel a certain way, our thoughts align with those feelings, reinforcing and intensifying them, and causing a vicious cycle.



When our emotions are not helpful or overly intense, we can act opposite to what our emotions are prompting us to do. This will prevent the vicious cycle and allow our feelings to subside. By changing the way we act, we can change the way we feel.



EVERY EMOTION HAS AN ACTION URGE. CHANGE THE EMOTION BY ACTING OPPOSITE TO ITS URGE. Consider these examples:

Emotion	Action Urge	Opposite action
Fear	Avoid/Run Away	Approach
Anger	Attack	Gently avoid/ be a little nice
Sadness	Withdraw/Isolate	Get active
Shame	Hide/Avoid	Open up to people who will accept it

OPPOSITE ACTION & EMOTIONS

How to do Opposite Action

Use Opposite Action when your emotions do NOT fit the facts or when acting on your emotions is NOT effective.

STEP 1. IDENTIFY & NAME THE EMOTION YOU WANT TO CHANGE

STEP 2. CHECK THE FACTS

Is your emotion justified by the facts? Do the intensity and the duration of the emotion fit the facts. An emotion is justified when you emotion fits the facts

STEP 3. IDENTIFY AND DESCRIBE YOUR ACTION URGES

OPPOSITE ACTION & EMOTIONS

STEP 4. ASK WISE MIND

Is the expression or acting on this emotion effective in this situation?

STEP 5. IDENTIFY OPPOSITE ACTIONS

Identify opposite actions to your action urges.

STEP 6. ACT OPPOSITE ALL THE WAY

Act opposite all the way to your action urges.

STEP 7. REPEAT ACTING OPPOSITE

Repeat acting opposite to your action urges until your emotion changes.

PROBLEM SOLVING

How to Problem Solve

STEP 1. FIGURE OUT AND DESCRIBE THE PROBLEM SITUATION

STEP 2. CHECK THE FACTS TO BE SURE YOU HAVE THE RIGHT PROBLEM

If your facts are correct and the situation is the problem, continue with Step 3. If your facts are not correct, go back and repeat Step 1.

STEP 3. IDENTIFY YOUR GOAL IN SOLVING THE PROBLEM

Identify what needs to happen or change for you to feel OK. Keep it simple, and choose something that can actually happen

PROBLEM SOLVING

STEP 4. BRAINSTORM LOTS OF SOLUTIONS

Think of as many solutions as you can. Ask for suggestions from people you trust. Do not be critical of any ideas at first. (Wait for Step 5 to evaluate ideas.)

STEP 5. CHOOSE A SOLUTION THAT FITS THE GOAL AND IS LIKELY TO WORK

If you are unsure, choose two solutions that look good. Do PROS and CONS to compare and choose the best to try first.

STEP 6. PUT THE SOLUTION INTO ACTION

Act! Try out the solution. Take the first step, and then the second...

STEP 7. EVALUATE THE RESULTS OF USING THE SOLUTION

It worked? Great! It didn't work? Go back to Step 5 and choose a new solution to try