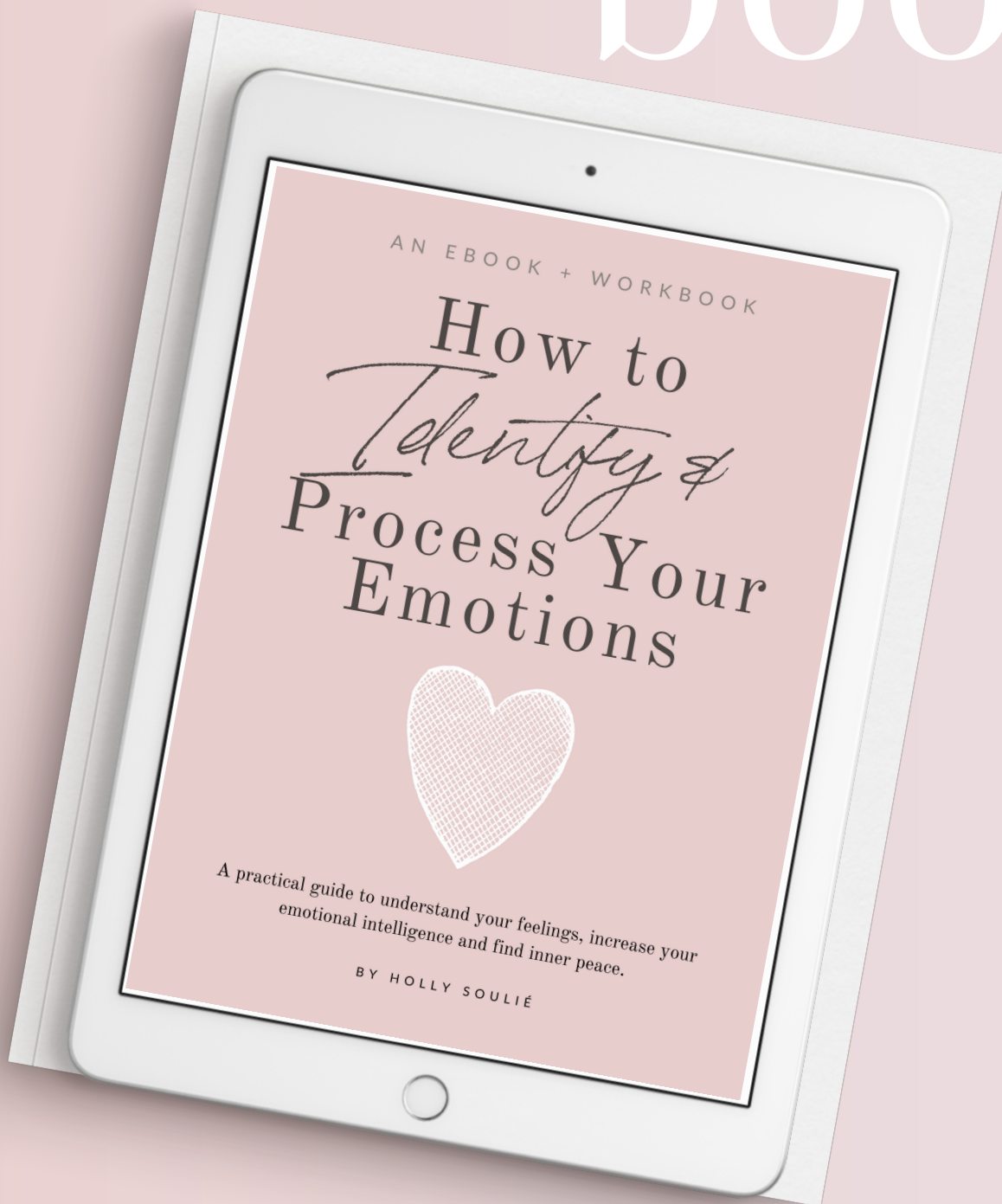


Course work book





workbook

Chapter 1 IDENTIFYING EMOTIONS

OBJECTIVE

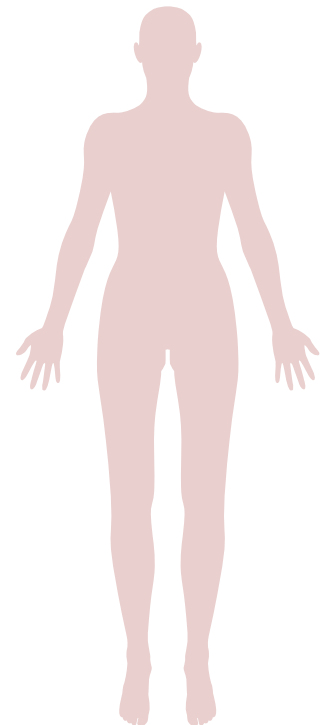
Now that you've read through the chapter, practice tuning into your emotions and trying to specifically give a name to what you're feeling.

SETTING UP CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> MAKE SURE YOU WON'T GET INTERRUPTED | <input type="checkbox"/> GET YOUR NOTEBOOK & PEN |
| <input type="checkbox"/> TURN YOUR PHONE ON SILENT | <input type="checkbox"/> TAKE 5 DEEP BELLY BREATHS |

How are you feeling in general right now? *Write down everything you're aware of feeling.*

Where are you feeling any physical tension? *Describe what it feels like.*



Mark where you're feeling physical tension.



workbook

Chapter 1 IDENTIFYING EMOTIONS

OBJECTIVE

Now that you've read through the chapter, practice tuning into your emotions and trying to specifically give a name to what you're feeling.

CATEGORIZING YOUR EMOTIONS

PLEASANT EMOTIONS

What pleasant emotions are you aware of feeling? Do they feel more relaxed or energized?

*Ideas of some
positive emotions
that feel more
calming and
relaxed*

PEACEFUL, CHILL,
RELAXED, HUMBLE,
CONTENT,
FULFILLED,
GRATEFUL,
SATISFIED, BLESSED,
SERENE, CAREFREE,
TRANQUIL, CALM,
AT EASE

*Ideas of some
positive emotions
that feel more
energizing and
exciting*

HYPER, CHEERFUL,
MOTIVATED,
EXCITED, ECSTATIC,
PROUD, OPTIMISTIC,
JOYFUL, THRILLED,
EAGER, AMAZED,
PLAYFUL,
POWERFUL,
INTERESTED

UNPLEASANT EMOTIONS

What negative emotions are you aware of? Are they heavier or more charged?

*Ideas of some
negative emotions
that feel like
they're pulling you
down and
dennergizing*

LONELY, EXCLUDED,
GLUM, ASHAMED,
HOPELESS, TIMID,
BORED,
EMBARRASSED,
DRAINED, GUILTY,
HURT, POWERLESS,
VICTIMIZED,
ABANDONED

*Ideas of some
negative emotions
that feel more
charged and
aggravating*

ANXIOUS, NERVOUS,
BOTHERED, AFRAID,
SHOCKED,
REPULSED,
FRUSTRATED, LIVID,
FUMING,
RESENTFUL, BITTER,
DISRESPECTED,
BETRAYED, ANNOYED



workbook

Chapter 2 PROCESSING EMOTIONS

OBJECTIVE

Once you know what's bothering you, start breaking down exactly why you're upset. Answer the questions below to help you process the emotions you're feeling.

How upset are you currently feeling? Rate it on a scale from 1 to 10, 10 being the most upset possible.



Now, start writing out as much detail as possible about your upset by answering the questions below.

What happened (or *isn't* happening) that's stressing you? How are you feeling as a consequence?

Was another person involved? What did they do to upset you? How did you react? How did they react?

What do you wish would happen instead? Is there anything you wish you would have done or could do differently?

What would you need to do or say so you could feel resolved or feel better?



workbook

Chapter 2 PROCESSING EMOTIONS

OBJECTIVE

Once you know what's bothering you, start breaking down exactly why you're upset. Answer the questions below to help you process the emotions you're feeling.

UPSET FROM OTHER PEOPLE

As a result of the other person/people involved in this event, I'm feeling (*check all that apply*):

- ☐ MISUNDERSTOOD ☐ UNIMPORTANT ☐ UNHEARD
☐ DISRESPECTED ☐ UNSEEN ☐ OTHER

If you checked any of the above, detail exactly how you've felt the other person/people involved contributed to your upset.

As a result of the other person/people involved in this event, my boundaries were violated (*choose one*): **Yes** | **No**

If you circled **Yes**, detail exactly how you've felt the other person/people involved violated your boundaries.

As a result of the other person/people involved in this event, one of my values has been compromised. (*choose one*): **Yes** | **No**

If you circled **Yes**, detail exactly how you've felt the other person/people involved compromised your values.



workbook

Chapter 2 PROCESSING EMOTIONS

OBJECTIVE

Once you know what's bothering you, start breaking down exactly why you're upset. Answer the questions below to help you process the emotions you're feeling.

UPSET FROM SELF

Now, focus on your internal reasons you might be feeling upset by answering the questions below.

As a result of this, I compromised my own value(s) (*choose one*): **Yes | No**

If you circled **Yes**, detail exactly how you may have compromised your values.

I feel upset because I'm judging my emotion as wrong, rejecting the feeling or thinking that I shouldn't be feeling this way (*choose one*): **Yes | No**

If you circled **Yes**, detail exactly how you're judging or rejecting your own emotions surrounding this event.

Am I feeling emotional upset because I'm falling back into old patterns (*choose one*): **Yes | No**

If you circled **Yes**, detail how you've fallen into old patterns.

Is this upset a result of one or more other unrelated stressful events? (*choose one*): **Yes | No**

If you circled **Yes**, describe how you're feeling affected by your other stresses right now.



workbook

Chapter 2 PROCESSING EMOTIONS

OBJECTIVE

Once you know what's bothering you, start breaking down exactly why you're upset. Answer the questions below to help you process the emotions you're feeling.



UPSET FROM THE PAST

Is your current upset being triggered by a childhood or past experience? If so, detail it here.

How are you feeling after processing? Rate it on a scale from 1 to 10, 10 being the most upset possible.





workbook

Chapter 3 TAKING ACTION

OBJECTIVE

Now that you've identified and processed your upsetting emotions, check in with yourself. What items from this list would help you feel fully resolved, whether with others or within yourself?

take action

WITH OTHERS

- **Assert Yourself**
Verbalize your perspective or opinion with someone.
- **Make Amends or Apologize**
Make amends or apologize when you feel you've said or done something that doesn't feel right to you.
- **Verbalize a Boundary or Re-Establish a Boundary**
Tell someone what is or isn't ok with you, either for the first time, or in a repeated instance.
- **Express Your Feelings Even More**
Talk about how you feel, either with the person that upset you, or with someone you trust to hold emotional space for you.

WITH YOURSELF

- **Forgive Yourself**
If you're still being hard on yourself or having trouble letting go of a mistake, work on forgiving yourself and letting go.
- **Address Negative Thoughts**
Acknowledge any remaining negative thoughts about your upset and see if you have deeper issues to address, or correct the negative thinking.
- **Get a Need Met**
Acknowledge if your upset is due to a need that isn't being met. Is there a way you can meet the need?
- **Reconnect to Your Values or Boundaries**
Reconnect to what matters to you and your own boundaries with yourself.
- **Allow the Feeling to Pass**
Give the emotion time to pass on its own.
- **Do the Opposite of Current Urges**
If you know acting on your current urge will make you feel worse, do the opposite, or what would be most loving to yourself right now.
- **Get Help Working through Issues**
Find support from a professional or loved one to help you work through remaining emotional discomfort, or past experiences that have been triggered.

...

tip sheet

Clearing Resistance Tips & *Tricks*

"It is easier to resist at the beginning than at the end"

*-leonardo
da vinci*

TIP 1

Place your hand on your heart and take 5 deep belly breaths

TIP 2

Accept that you're feeling resistance by thinking to yourself "I'm feeling resistance right now and that's ok"

TIP 3

Mentally give the part of yourself a hug that's feeling resistant and address it by thinking, "I see you, I hear you"

TIP 4

Get some fresh air and go for a short walk outside.

TIP 5

Imagine the resistance as a shape in your heart. Imagine that you can pull that resistance out. Then, physically start pulling the resistance out of your head as you imagine it leaving you.

TIP 6

Write out in your journal reasons that you might be feeling resistance.

TIP 7

Imagine going within your heart and seeing the part of you that's feeling resistance. Have a conversation with

yourself about what you're feeling, asking yourself, "What might happen if I were to release this resistance? What am I most afraid of?" Try to hear the answers and discuss them openly with yourself.

TIP 8

Imagine that you're pulling the resistance out of your heart, head and stomach. Physically pull it out and imagine what it looks like. Keep pulling it out until you feel like it's complete.

