

Reducing Extreme Emotions In High-Pressure Situations

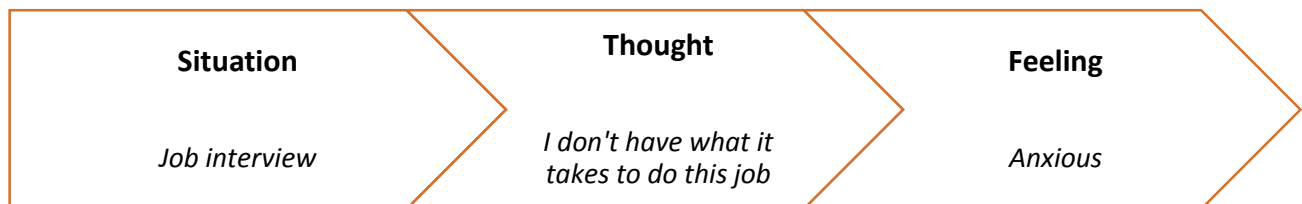
When we are entering into a high pressure situation, it can be easy become overwhelmed with extreme emotions that interfere with our ability to function at our true potential in these situations. The following worksheet will guide you through the process of reducing extreme emotions to maximize your chances of success when entering into high pressure situations.

1. First, Be Prepared

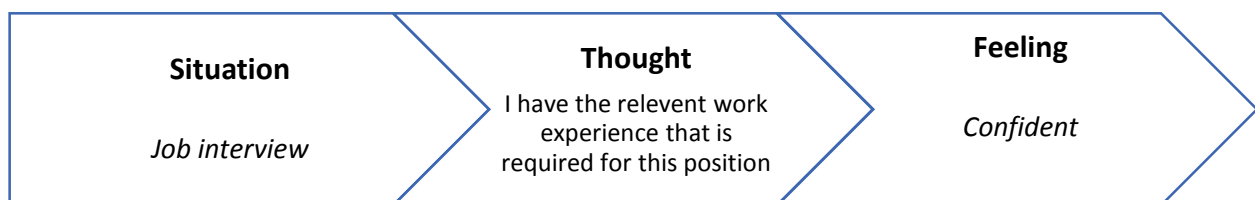
It's natural to feel anxious and unsure when one is entering into an unfamiliar or high-stakes situation. One way to cope with the uncertainty that comes with these situations is with strong preparation. Make a plan for how you will deliver information. Practice your delivery while looking the mirror. Try to make your practice session as close to the actual event as possible, for example, wearing the same cloths that you will wear in the real situation.

2. Identifying and Replacing Extreme Thoughts

When entering into a high pressure situation we often times become overwhelmed with thoughts that are extreme. These extreme thoughts often times cause us to feel intense emotions that can have a negative impact on our performance. Identifying and replacing these extreme thoughts can have a powerful effect on reducing the negative emotions that are getting in the way of your performance.



Now, focus on what is written in the thought column and ask yourself: **how can I edit or rewrite this thought with the intention of reducing or improving the negative emotion that this thought is causing?**



Notice from the example above, in the same situation, (going on a job interview), the thought had a powerful influence on the related feeling.

Mike Kalkbrenner, Ph.D., NCC, LPC-R

Practice, Practice, Practice!

It is **absolutely essential for you to practice** in order for this approach to work effectively at helping you reduce negative emotions and feel empowered to engage in high pressure situations. This process literally involves training your brain to think in new and different ways. In all likelihood, your feelings will not change immediately after replacing the thought. It takes time and practice when you're not in high pressure situations to prepare yourself to be able to identify and replace extreme thoughts in the when you're in a high-pressure situation.

Over the next week, practice identifying and replacing at least one extreme thought each day. Use the space below to document and monitor your progress.

Situation	Thought	Feeling
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ask yourself: **how can I edit or rewrite this thought with the intention of reducing or improving the negative emotion that this thought is causing?** Write down this new thought in "thought" column below and write down your feelings that are associated with this new thought.

Situation (same as above)	New Thought	Feeling
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

In the space below, reflect on your practice session. To what extent, if any at all, does the new thought relate to a reduction of the extreme emotion? If the new thought reduces the extreme emotion reflect on this new feeling. If the new thought hasn't reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion?

Mike Kalkbrenner, M.S., NCC, LPC-R