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Assignment: Interpersonal Development Assignment #4 Reducing Extreme Emotions In High-Pressure Situations

Class: CEP 300 V Human Relations Training

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**Reducing Extreme Emotions In High-Pressure Situations: Time to 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.**

**Entry 1:**

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.

1. Situation: Job Interview
2. Thought: I can answer all the questions they ask
3. Feeling: Intelligent
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): The new thought can reduce the extreme emotion a great deal. During a job interview as a CS major, the interviewers tend to ask questions about coding or software. For my first ever interview, I felt discouraged when I couldn’t answer some questions. Therefore, replacing this feeling with a more positive one brings about a feeling of confidence. I think this exercise helps me a lot, because I may have an interview with a local company soon, and I need to prepare myself mentally. I’ve had a few more interviews and learned from each one, so the addition of this exercise will help me succeed.

**Entry 2:**

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.

1. Situation: Big Project Due
2. Thought: I’m going to finish this on time
3. Feeling: Content
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think this new thought does relate to a reduction of the extreme emotion of helplessness. The new thought brings a feeling of content. This is because when you’re feeling overwhelmed, just taking a moment to collect yourself and get organized will help you to calm down. I know personally, I have 3 projects due soon, and it’s been very overwhelming because of the extended spring break. The new thought hasn’t entirely reduced the negative emotion yet as I still feel a lot of stress. But I think that as I complete more assignments it will set in and I’ll feel better within the next week or two since one project is due Friday. Overall, this exercise helped a little, but I think actually doing my work is what will make me feel better.

**Entry 3:**

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.

1. Situation: Family Death
2. Thought: I’m going to get through this
3. Feeling: Faithful
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think the new thought can relate to the reduction of the extreme emotion to some extent. This situation is inevitable. I have an older family, and within the past 3 years my grandma and girlfriend’s great grandma have both passed away. These were highly stressful times. I think having these positive thoughts can help prepare you for these difficult times. I know I used these thoughts before this exercise, and they helped me. I think this exercise for this specific situation for a lot of people because even though you’re not fully ready, you can at least be prepared.

**Entry 4:**

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.

1. Situation: COVID-19 stay at home orders
2. Thought: This will be over eventually
3. Feeling: Relaxed
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think that this thought can relate to the reduction of the feeling of anxiousness. This pandemic is a high-pressure situation for many of us. I have some underlying medical conditions that put me at a high risk, so I’m especially afraid of contracting the virus. Therefore, it’s important to be have optimistic thoughts. It’s difficult however when you keep seeing the news headlines and stay at home orders constantly extended. I think it’ll take some time before the anxiousness is relieved, at least until we start hearing some better news about the virus. This exercise can be helpful in times of isolation because sometimes with nothing else to do, the worry can take over.

**Entry 5:**

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.

1. Situation: Being a top 3 squad in Apex Legends
2. Thought: I’m going to win
3. Feeling: Energetic
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think that this new thought can relate to the reduction of the extreme emotion. As a gamer, it’s important to try and win as many games as you can. Apex Legends is a battle royale game where your squad of 3 goes up against 19 other squads, and last one standing wins. It gets quite nerve-racking near the end of the game when you’re in the top 3. You’re very anxious because you don’t want to be eliminated. I think that telling yourself and your teammates “we got this” is an effective strategy to calm the nerves. It will take some practice as this is a fast-paced game and you often don’t have time to stop and think. It may seem silly, but as someone who is passionate about games, I use this strategy across many different games that I play.

**Entry 6:**

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.

1. Situation: meeting someone new
2. Thought: I’m an interesting person
3. Feeling: Excited
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think this new thought can reduce the extreme emotion of being scared to meet someone new. I think nearly all of us get a little nervous when we meet someone new. It probably mostly stems from us wanting them to like us and to gain their approval. I think that if we are able to replace this feeling by using positive thoughts of ourselves, then we benefit in these situations. It would be ideal for these thoughts to quickly reduce the emotion in this situation, but I think for some people it may take a few interactions for this to take effect.

**Entry 7:**

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.

1. Situation: Being stopped by the police
2. Thought: I won’t get a ticket
3. Feeling: Hopeful
4. 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 though hasn’t reduced the negative emotion, how long do you think it will take before the new thought reduces the extreme emotion? What were your reactions to this exercise? (minimum response 100 words): I think that this new thought can help reduce the negative nervous emotion in some cases. I also think that for me these situations can be kind of funny. I have been stopped 3 times for having illegal window tint on my car. It’s never a fun time to get pulled over. But you must take a minute and tell yourself that you haven’t done anything horrible (hopefully) and they might let you off with a warning. So, in these situations, we can try and think of the best-case scenario where we don’t receive a ticket. This may or may not work for most people, and hopefully others don’t get stopped as often as I do. But I’ve practiced this exercise a lot before this assignment, and it’s helped me remain calm and respectful, and I have been able to avoid major trouble. It may be slightly inappropriate, but things can happen to the best of us.