

Amused	Hopeful	Excited
Curious	Happy	Surprised
Ashamed	Apathetic	Confused
Vulnerable	Sad	Disappointed
Anxious	Rejected	Embarrassed
Insecure	Scared	Shocked
Distant	Angry	Disgusted
Irritated	Resentful	Horrified

~ FEELINGS CHART ~

POCKET THERAPY

(just in case)



~ STATES OF MIND ~

~ LET IT RAIN ~

(how to deal with a feel)

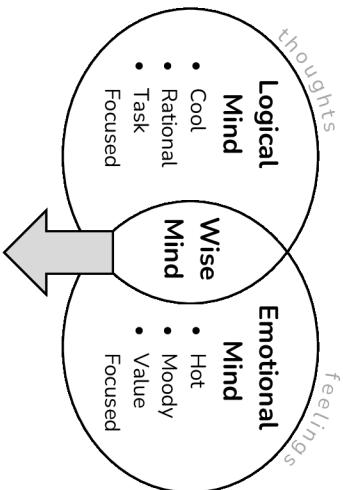
Recognize the situation causing you distress

Allow yourself to feel in that moment

Investigate to find why the situation was distressing

Nurture your emotions in an appropriate way

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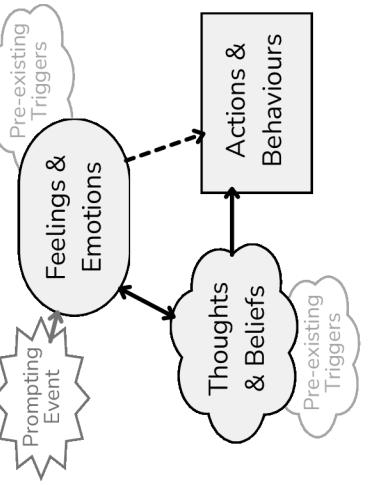
~ PERSONAL ENERGY ~

~ CHECK THE FACTS ~

1. What are you feeling and how intense is it?
2. What event prompted this feeling and why is it effecting you in this way?
-> Are you making any extreme judgements?
3. What are your thoughts and assumptions about the event?
-> What other interpretations can you make of the event/facts?
4. Are you assuming a threat?
If so, what about the event feels threatening?
-> What are some likely non-catastrophic outcomes?
5. What is the worst possible outcome you can imagine?
How would you cope if the worst does happen?
6. Do your feelings and/or their intensity fit the actual facts?

~ BOUNDARY SETTING ~

~ THE THERAPY TRIANGLE ~



- People tend to act directly from their emotions (→)
- Your thoughts and feelings are influenced by past experiences and they affect each other (↔)
- Being aware of your thoughts and feelings can help you better control your actions (→)