



(just in case)

POCKET THERAPY

~ FEELINGS CHART ~

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

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Nurture your emotions in an appropriate way

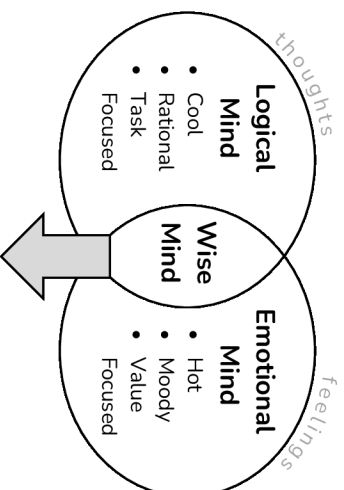
Investigate to find why the situation was distressing

Allow yourself to feel in that moment

Recognize the situation causing you distress

(feel how to deal with a feeling)

~ STATES OF MIND ~



- Your wise mind is the overlapping area between your two minds. It sees the value of both reason and emotion.
- It considers both your feelings and the facts to make informed decisions.
- It properly prioritizes your goals as well as validates your emotions.

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?

3. What are your thoughts and assumptions about the event?

4. Are you assuming a threat? If so, what about the event feels threatening?

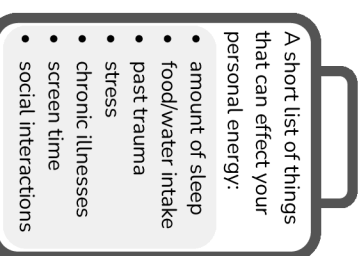
5. What is the worst possible outcome you can imagine?

6. Do your feelings and/or their intensity fit the actual facts?

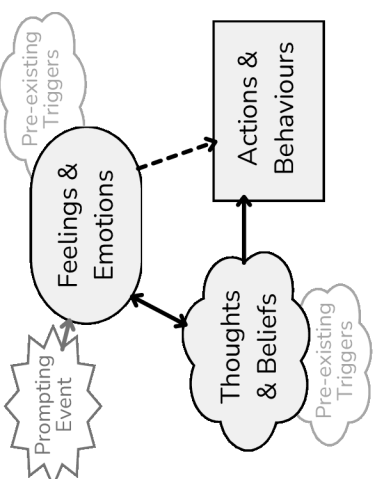
~ CHECK THE FACTS ~

~ PERSONAL ENERGY ~

- Your personal energy is the amount of physical, intellectual, or emotional stamina you possess.
- Before any activity, ask yourself how full your battery is and how much energy it might drain.
- Frequently checking in on your energy will help you avoid burning out.
- Be sure to take the time you need to properly recharge your energy.



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



~ THE THERAPY TRIANGLE ~

~ BOUNDARY SETTING ~

Acknowledge

Let the person know your understanding of their situation. "I know that you are used to..."

Assert

Inform the person about why you are uncomfortable. "But it makes me feel..."

Alternative

Offer a solution that you are comfortable doing. "Can we instead try/do..."