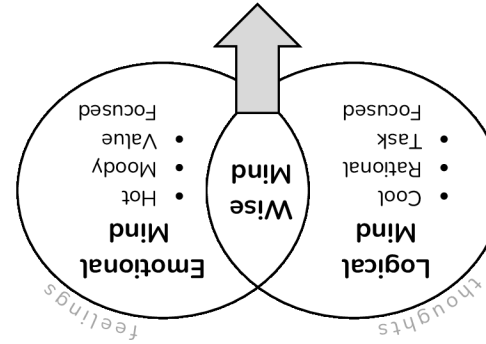


| | | |
|------------|-----------|--------------|
| Irritated | Resentful | Horrible |
| Distant | Angry | Disgusted |
| Insecure | Scared | Shocked |
| Anxious | Rejected | Embarrassed |
| Vulnerable | Sad | Disappointed |
| Ashamed | Apathetic | Confused |
| Curious | Happy | Surprised |
| Amused |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

~ FEELINGS CHART ~



~ 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.

~ 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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- 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.

~ 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 ~

Acknowledge

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

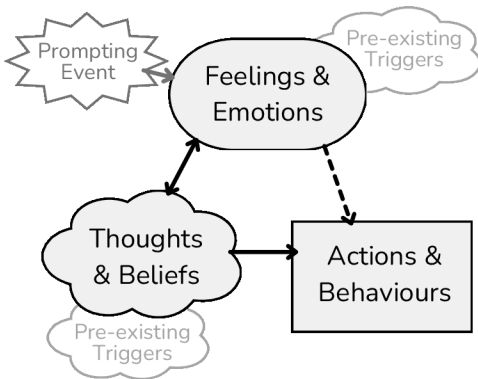
Assert

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..."

~ 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 (-->)

POCKET
THERAPY

(just in case)

