

SESSION

9

TAKING CHARGE OF YOUR EMOTIONS I

SESSION TOOLS

Handout 9.1: The Anxiety Thermometer

Handout 9.2: Three Steps to Taking Charge of Your Feelings

Handout 9.3: Internal Dialogue Situation 1

Handout 9.4: Internal Dialogue Situation 2

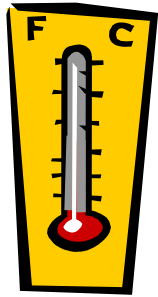
Handout 9.5: Internal Dialogue Situation 3

Handout 9.6: Internal Dialogue Situation 4

Handout 9.7: The Intact Pyramid

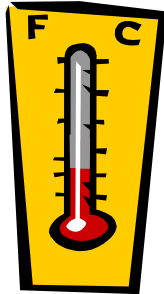
Handout 9.8: Pyramid Blocks Practice Sheet

The Anxiety Thermometer



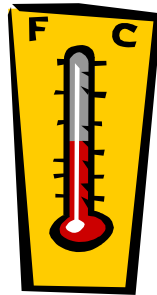
1

**Totally
Relaxed**



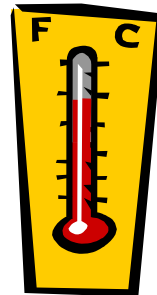
2

**Somewhat
Relaxed**



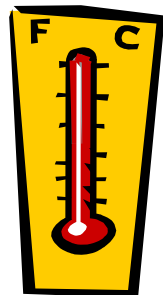
3

**Somewhat
Anxious/Fearful**



4

Very Anxious/Fearful



5

**Extremely
Anxious/Fearful**

HANDOUT 9.2

Three Steps to Taking Charge of Your Feelings

| 1. WHAT am I feeling? | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|----|
| Label your emotion(s) <i>(What are you feeling?)</i> | | | | | | | | | | | |
| Rate it's Intensity (0-10) <i>(How strong is the feeling?)</i> | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. WHY am I feeling this way? | | | | | | | | | | | |
| What is happening <u>OUTSIDE</u> of me? <i>(describe the situation)</i> | | | | | | | | | | | |
| <hr/> <hr/> <hr/> | | | | | | | | | | | |
| What is happening <u>INSIDE</u> of me? <i>(describe the distressing thought or image-put it into words)</i> | | | | | | | | | | | |
| <hr/> <hr/> <hr/> | | | | | | | | | | | |
| 3. HOW can I feel better? | | | | | | | | | | | |
| a. Does the distressing thought contain <u>ERRORS IN THINKING</u> ? <i>(check ✓ all that apply)</i> | | | | | | | | | | | |
| <input type="checkbox"/> | Filtering & Discounting <i>(focusing on the negative, discounting the positive)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Shoulds & Musts <i>(having high and inflexible rules for how things "should" be)</i> | | | | | | | | | | |
| <input type="checkbox"/> | All or none thinking <i>(seeing things in black and white, either-or terms)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Then is Now <i>(responding to the present as if it is the traumatic past)</i> | | | | | | | | | | |
| <input type="checkbox"/> | If it Feels True it Is True <i>(taking feelings as proof that something is really true)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Self Put-Downs <i>(You put negative labels like "loser" on yourself and tear yourself down)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Self-Blame <i>(things are your fault when you actually have little influence over what happens)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Over-generalization <i>(drawing big conclusions from small bits of information: thinking that if something is true once, it is always true; if something goes wrong, it always will)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Foretelling the Future <i>(assuming you can accurately predict future events)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Mind Reading <i>(assuming you know what others are thinking)</i> | | | | | | | | | | |
| <input type="checkbox"/> | Catastrophizing <i>(thinking that things are much worse than they really are)</i> | | | | | | | | | | |

b. What EVIDENCE appears to SUPPORT the distressing thought? (What reasons do I have to believe it?)

c. What EVIDENCE DOES NOT appear to SUPPORT the distressing thought?

d. Choose a helpful thought: *What's a more positive and constructive way of looking at the situation?*

Rerate the intensity of the emotion you are feeling:

| | | | | | | | | | | | |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| Rate the Intensity (0-10) <i>(How strong is the feeling?)</i> | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|

Internal Dialogue Situation 1

