SESSION 9

TAKING CHARGE OF YOUR EMOTIONS I

SESSION TOOLS

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HANDOUT 9.1

The Anxiety Thermometer

1
Totally Relaxed

2
Somewhat Relaxed

3
Somewhat Anxious/Fearful

4
Very Anxious/Fearful

5
Extremely Anxious/Fearful
Three Steps to Taking Charge of Your Feelings

1. **WHAT am I feeling?**
   - **Label your emotion(s)** (What are you feeling?)
   - **Rate it’s Intensity** (0-10) (How strong is the feeling?)

2. **WHY am I feeling this way?**
   - What is happening **OUTSIDE** of me? (describe the situation)
   - What is happening **INSIDE** of me? (describe the distressing thought or image-put it into words)

3. **HOW can I feel better?**
   - **a. Does the distressing thought contain ERRORS IN THINKING?** (check ✓ all that apply)
     - Filtering & Discounting (focusing on the negative, discounting the positive)
     - Shoulds & Musts (having high and inflexible rules for how things “should” be)
     - All or none thinking (seeing things in black and white, either-or terms)
     - Then is Now (responding to the present as if it is the traumatic past)
     - If it Feels True it Is True (taking feelings as proof that something is really true)
     - Self Put-Downs (You put negative labels like “loser” on yourself and tear yourself down)
     - Self-Blame (things are your fault when you actually have little influence over what happens)
     - Over-generalization (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)
     - Foretelling the Future (assuming you can accurately predict future events)
     - Mind Reading (assuming you know what others are thinking)
     - Catastrophizing (thinking that things are much worse than they really are)
b. What **EVIDENCE** appears to **SUPPORT** the distressing thought? *(What reasons do I have to believe it?)*

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<th>Reason 1</th>
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c. What **EVIDENCE** **DOES NOT** appear to **SUPPORT** the distressing thought?

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

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Rerate the intensity of the emotion you are feeling:

<table>
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<tr>
<th>Rate the Intensity (0-10) <em>(How strong is the feeling?)</em></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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Three Steps to Taking Charge of Your Feelings

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