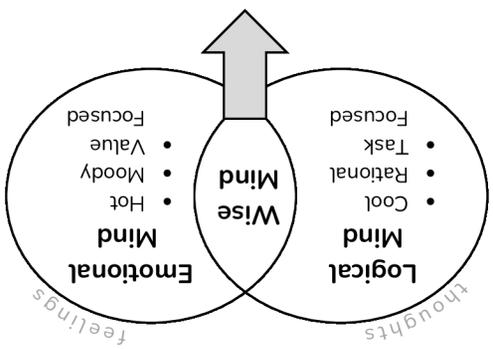


Irritated	Resentful	Horrified
Distant	Angry	Disgusted
Insecure	Scared	Shocked
Anxious	Rejected	Embarrassed
Vulnerable	Sad	Disappointed
Ashamed	Apathetic	Confused
Curious	Happy	Surprised
Amused	Hopeful	Excited

~ 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.

- 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.
- A short list of things that can effect your personal energy:

  - amount of sleep
  - food/water intake
  - past trauma
  - stress
  - chronic illnesses
  - screen time
  - social interactions

~ 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?

~ LET IT RAIN ~  
(how to deal with a feel)

- R**ecognize the situation causing you distress
- A**llow yourself to feel in that moment
- I**nvestigate to find why the situation was distressing
- N**urture your emotions in an appropriate way

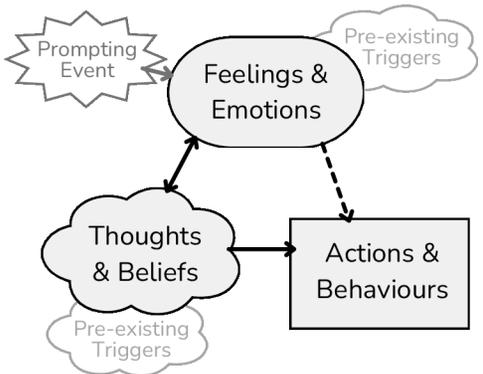
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POCKET THERAPY

(just in case)



~ 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 ( <-----> )

~ 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..."