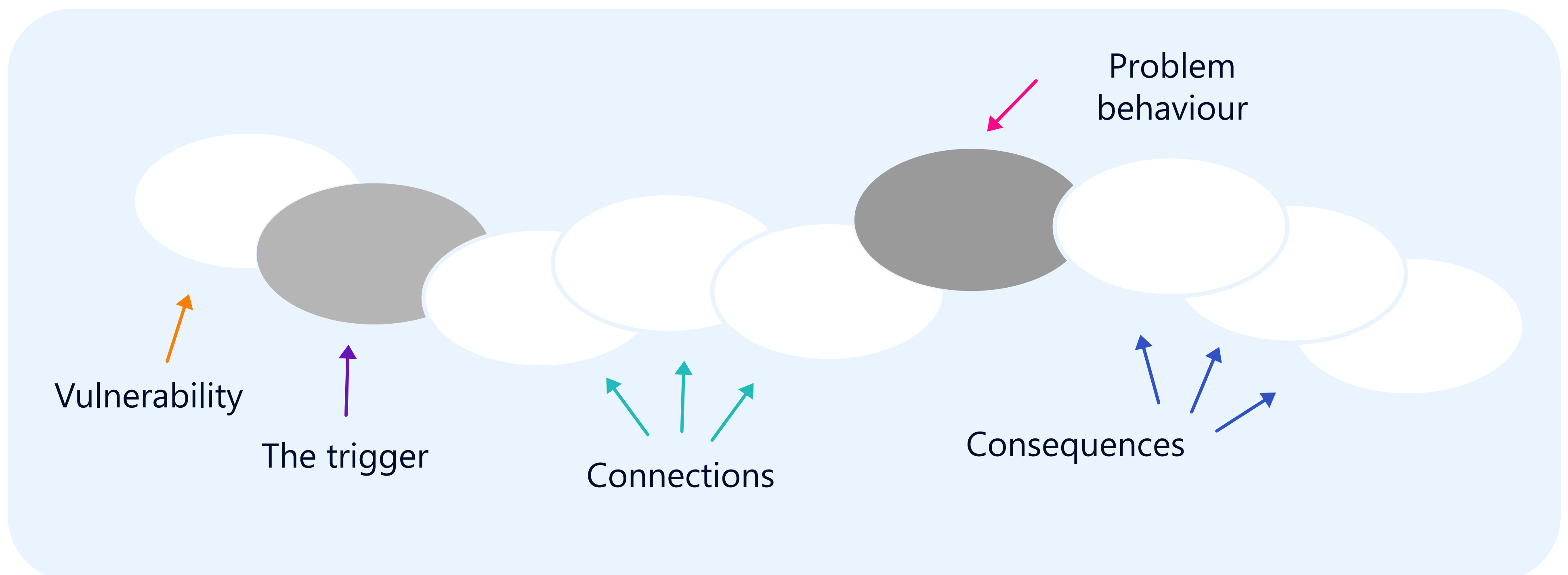


## Exercise sheet

# MANAGING EMOTIONS; I ACT DIFFERENTLY



Sometimes it's effective to act according to your emotions, sometimes it's not. If you pause for a moment and don't give in to the urge to act, you'll be able to take a step back, analyse the situation better and possibly resolve the issue.

## I act differently

- 1** What **problem behaviour** am I analysing?  
I describe the specific problem behaviour (shouting at my children, throwing a chair, emotional outbursts, arriving late, putting off something important).

- 2** What **trigger event** precipitated me into the chain leading to my problem behaviour? What happened just before the thought or impulse occurred? What sparked it?

## Exercise sheet

### MANAGING EMOTIONS; I ACT DIFFERENTLY

3

I describe the things in myself and in my environment that have made me **vulnerable**. What factors have made me liable to react to the triggering event with this problematic sequence?

I examine the following areas:

- My health: illness, sleep, unbalanced diet, injury
- Drugs or alcohol; misuse of medication
- Stressful environmental events (positive or negative)
- Intense emotions such as sadness, anger, fear, loneliness
- Thinking about some of my past stressful behaviours...

4

I describe the **chain of events** (behaviours, thoughts, emotions and environmental events that occurred) that led to the problem behaviour. I write with precision as if I were writing a film script:

- Actions or things I do
- Physical sensations or feelings
- Thoughts: beliefs, expectations, thoughts
- Environmental events or things that others do
- Feelings or emotions I experience

I describe the **consequences** of my behavior: how the other person reacted, immediately or later, how I felt at the time and later, what effect my behaviour had on me and my environment?

5

I describe the new competent behaviours to replace the ineffective behaviours.

At each stage, I describe how I could have used a competent behaviour to counter the problem behaviour.

## Exercise sheet

### MANAGING EMOTIONS; I ACT DIFFERENTLY

- 6 I describe in detail a **prevention strategy** that will help me to prevent the chain from starting by reducing vulnerability.

- 7 I describe what I'm going to do to make up for the major or significant consequences of problem behavior.

