

WORK SHEET

Steps to Deal with Emotions



Step 1: **Accept** your emotions. Identify how you **sense** these emotions in your body.

Step 2: **Identify** and **label** the feelings/emotions. (i.e. I am feeling angry)

Step 3: What has made you feel this way? Are there **triggers**?

Step 4: How do you **respond** to this feeling? Are these healthy or unhealthy ways of responding?

Step 5: How can you **respond** to this feeling in healthy ways? (see “Tips for Managing Emotions and Feelings”)

Step 6: Do you need to change or avoid a trigger?

Disclaimer: This information is not meant to replace advice from a medical doctor. Consult the primary care physician regarding specific medical concerns or treatment.