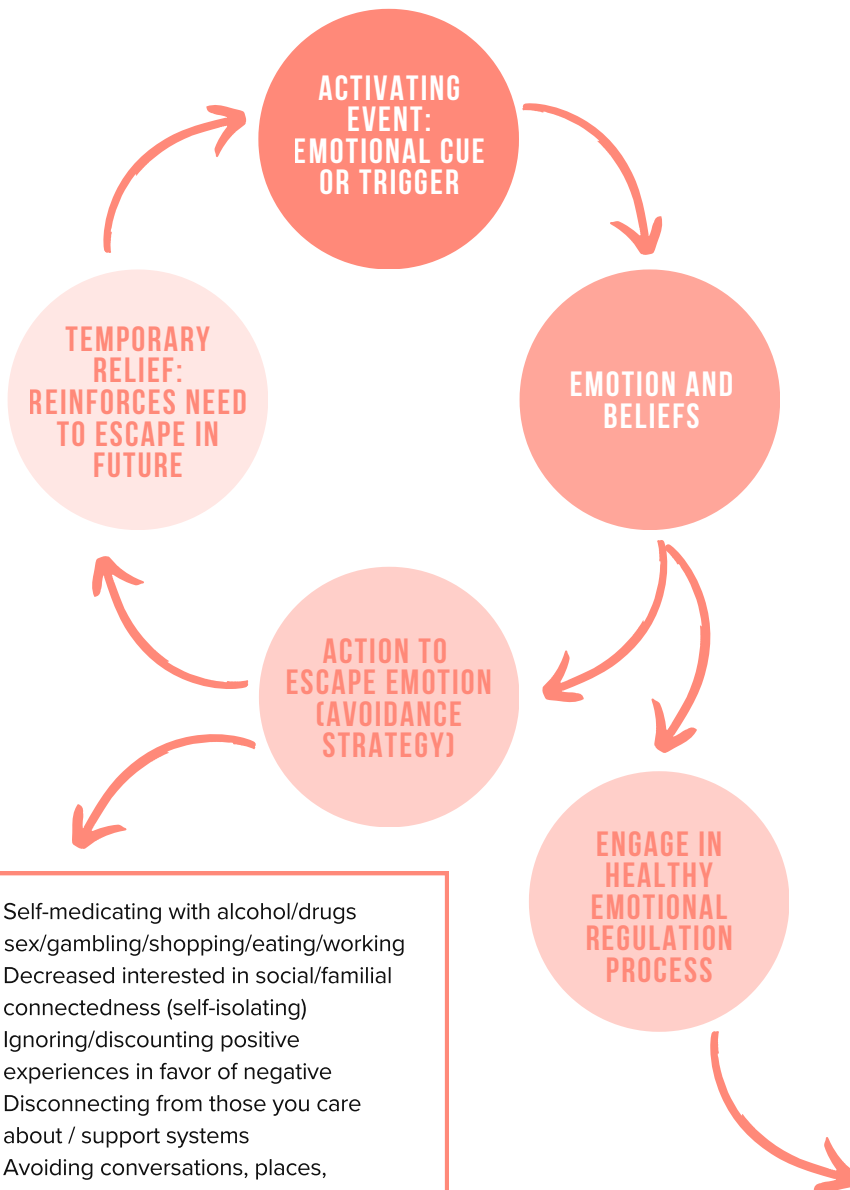


EMOTIONAL RESPONSE CYCLE



- Self-medicating with alcohol/drugs sex/gambling/shopping/eating/working
- Decreased interested in social/familial connectedness (self-isolating)
- Ignoring/discounting positive experiences in favor of negative
- Disconnecting from those you care about / support systems
- Avoiding conversations, places, thoughts, or feelings associated with painful experiences
- Suicidal ideation and/or self-harm
- Self-criticism
- Distorted thinking / thinking traps
- Intrusive thoughts / rumination (replaying events and re-do / should do scenarios)
- Perfectionism
- Projection, denial, rationalization, overcompensation, displacement etc
- Control / Certainty seeking behaviors (Ex. compulsive checking, excessive reassurance seeking, avoidance)

Consider journaling/writing your responses to the following:

1. Identify the emotion

Recognize bodily sensations and label feelings (feelingswheel.com).

2. Engage curiously

Enquire within self with an attitude of curiosity, observe thoughts passing through mind, identify sources of those thoughts. Identify and replace distorted thinking if present.

3. Acceptance

Accept that you feel this way right now, even if it's uncomfortable. Engage in compassionate and validating self-talk – why does it make sense that you feel this way? What would you say to a friend/child who feels this way?

4. Externalize

View the emotion as a passing event instead of "who you are". Choose to see the emotion as temporary, not fixed within you.

5. Value based action

Take action that is consistent with your values and that is aligned with your needs, identify and access resources/support needed, remaining mindful of attempts to control what is uncontrollable .