



(just in case)

# POCKET THERAPY

## ~ FEELINGS CHART ~

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

Nurture your emotions in an appropriate way

Investigate to find why the situation was distressing

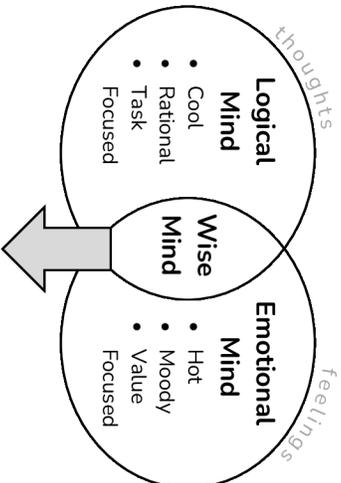
Allow yourself to feel in that moment

Recognize the situation causing you distress

how to deal with a feeling

## ~ LET IT RAIN ~

## ~ 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.

Do your feelings and/or their intensity fit the actual facts?

How would you cope if the worst does happen?

What is the worst possible outcome you can imagine?

What are some likely non-catastrophic outcomes?

Are you assuming a threat? If so, what about the event feels threatening?

What other interpretations can you make of the event/facts?

What are your thoughts and assumptions about the event?

What event prompted this feeling and why is it effecting you in this way?

Are you making any extreme judgements?

What are you feeling and how intense is it?

## ~ CHECK THE FACTS ~

## ~ PERSONAL ENERGY ~

- 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

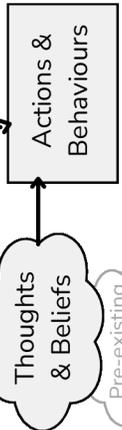
your actions → ) ( →

Being aware of your thoughts and feelings can help you better control

they affect each other ( ↔ )

Your thoughts and feelings are influenced by past experiences and

their emotions ( ↔ )



## ~ THE THERAPY TRIANGLE ~

## ~ 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..."