

6 STEPS TO DEAL WITH DIFFICULT EMOTIONS

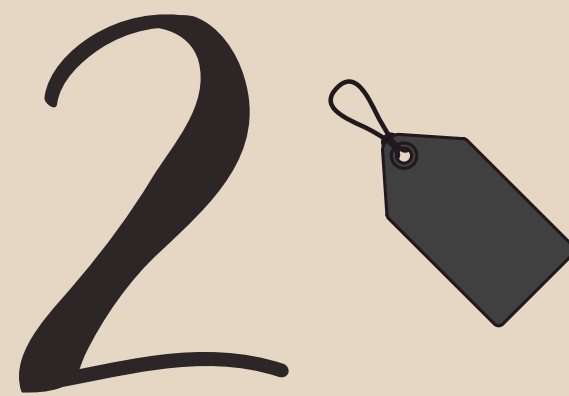


Acknowledge Your Emotion



Become aware of your emotion and how it feels.

Say 'This is Anger'.



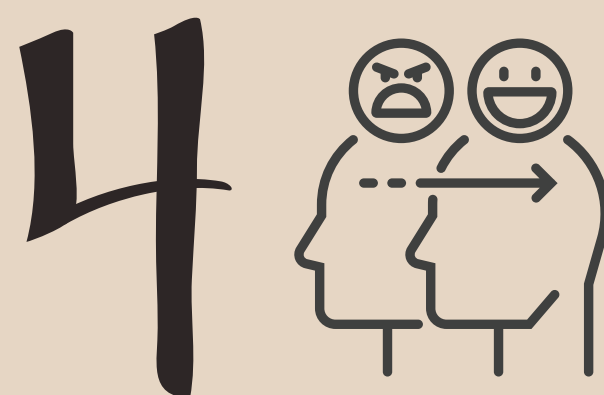
Identify And Label The Emotion

Accept Your Emotion



Don't deny the emotion.

Even if it feels overwhelming, the emotion will pass.



Realise That Your Emotion Will Pass

Investigate



What triggered me? Why do I feel this way?

Let go of your need to control the emotion.



Let Go