

MANAGING THE EMOTIONAL CYCLONE

When we find ourselves mentally spinning out of control, it can be helpful to take a moment and examine how we got to this point.

TAKE A FEW DEEP BREATHS TO HELP YOU CALM YOUR MIND BEFORE BEGINNING

Think about the **facts** (objective truths), **thoughts** (ideas, assumptions, or beliefs), and **feelings** (personal emotions) surrounding the situation to help you gain a different perspective, better understand your reaction, or challenge what is not helpful.

Write your responses in the appropriate column below.

FACTS	THOUGHTS	FEELINGS

How does separating the facts, thoughts, and feelings of the situation help you better understand yourself and your next step?

REMEMBER: While feelings are not facts, they are valid and not to be dismissed. They also are not going to last forever, even when they may feel like they will.

