

6 STEPS TO DEAL WITH DIFFICULT EMOTIONS

1

**Acknowledge
Your Emotion**



Become aware of your emotion and how it feels.

2

**Identify And Label
The Emotion**



Say 'This is Anger'.

3

**Accept
Your Emotion**



Don't deny the emotion.

4

**Realise That Your
Emotion Will Pass**



Even if it feels overwhelming, the emotion will pass.

5

Investigate



What triggered me? Why do I feel this way?

6

Let Go



Let go of your need to control the emotion.