6 STEPS TO DEAL WITH



DIFFICULT EMOTIONS

Acknowledge Your Emotion



Become aware of your emotion and how it feels.

Identify And Label
The Emotion



Say 'This is Anger'.

3

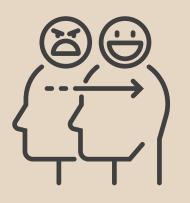
Accept
Your Emotion



Don't deny the emotion.

1

Realise That Your Emotion Will Pass



Even if it feels overwhelming, the emotion will pass.



Investigate



What triggered me? Why do I feel this way?





Let go of your need to control the emotion.