# THE WAY OUT OF UPSETS

#### A NEW EVENT

The event is similar to the original event



## **AWARENESS**

We acknowledge our feelings and we listen to what we are telling ourselves.



## **EVALUATE**

We evaluate the *impact* that our feelings are having and we consider the perceived *payoff*—what we attempt to *gain*—from having these feelings. We acknowledge the fear in *giving up* the feelings. We consider the possible difference in our lives if the emotions *were not there.* 



# TAKE RESPONSIBILITY

We *own* our part in maintaining the emotions



#### **CHOOSE**

We *choose* to let go of the emotions, the thoughts, or the behaviors that bring us pain



#### **CREATE**

We *create* new possibilities for thinking, feeling being or perceiving that make a positive difference