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

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