



MANAGING YOUR NEGATIVE FEELINGS METACOGNITIVELY

An important part of being happier is learning how to cope with negative feelings. This exercise will help you evaluate the way you manage those.

1. Observation without judgment

What was your strongest basic negative emotion today?

2. Analysis

Think about it, observe it as if in another person.

3. Interrogation

What were the reasons for the negative emotion and what was the subsequent action?
(ex: fear and rumination, wasting time)

4. Management

Envision having the feeling again and acting differently.
(ex: not ruminating, not wasting time, doing something positive)

5. Extra credit

Manage your positive feelings, too!