

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.

Observation without judgment What was your strongest basic negative emotion today?
Analysis Think about it, observe it as if in another person.
Interrogation What were the reasons for the negative emotion and what was the subsequent action? (ex: fear and rumination, wasting time)
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!

© 2023 ACB Ideas: This copyrighted material may ONLY be copied, reproduced, distributed, and/or transmitted if (i) solely for personal use in connection with educational or training purposes in accordance with the principles set forth in this material, and (ii) with complete attribution to ACB Ideas LLC. Under no circumstances may this material (in whole or in part or any derivative thereof) be used for commercial gain. Do not copy, reproduce, distribute, transmit, modify, create derivative works, or in any other way exploit any part of this material except as set forth above.