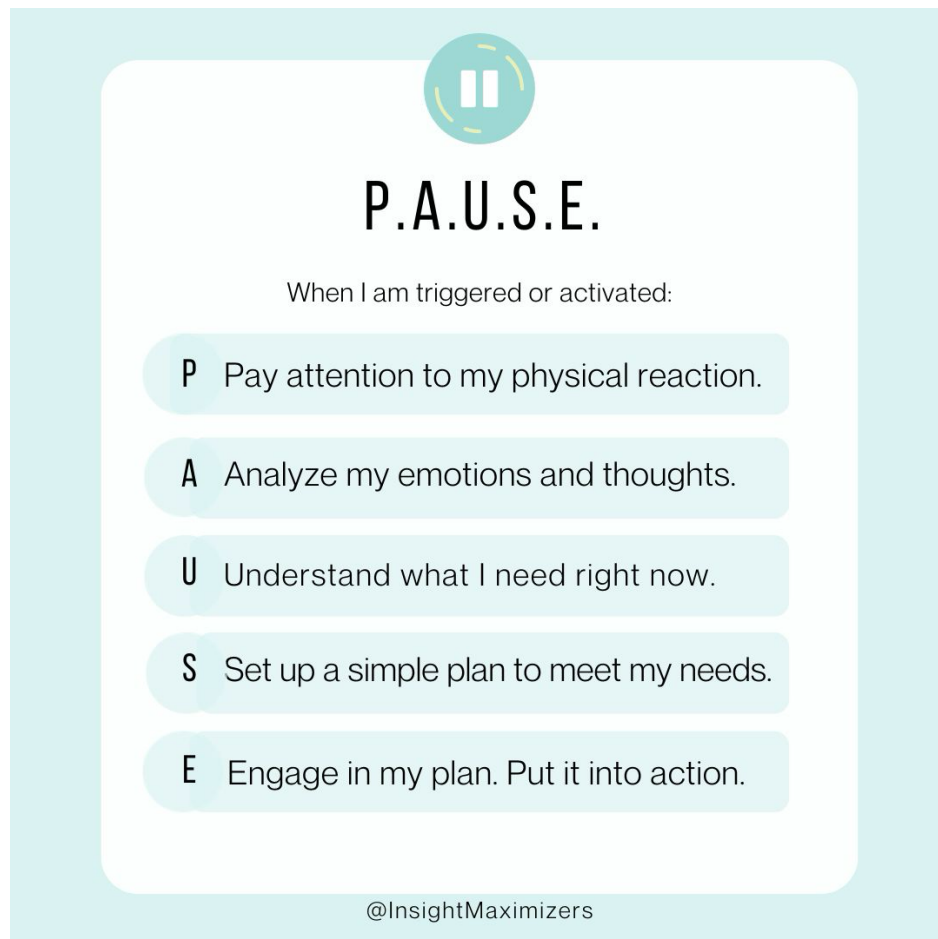


HOLIDAY SUCCESS GUIDE

A Simple Way to Navigate Holiday Landmines

The holidays can bring joy, stress, nostalgia, and overwhelm. Social events may even trigger unexpected reactions. In those moments, try the PAUSE. This simple practice helps you reset. Save the graphic on your phone to use whenever you need it.

Jenni & Suze



A Deeper Dive into the PAUSE

Has anyone ever asked you, “What’s going on with you?” after you surprised yourself—and them—with a strong reaction? By practicing the skill of self-observation, you can reduce the chances of feeling overwhelmed. Becoming an observer of yourself is a powerful step to take before reacting, whenever possible. When you notice a shift within, it’s the perfect time to pause, breathe, and reflect.

Below, we’ve provided a simple format for observing what’s happening inside you. *And don’t worry—if you can’t do it in the moment, that’s perfectly fine. Just come back to it when you can!*

What’s happening in my life right this moment?

- *Write factual details of the situation, while suspending emotion or judgment in this step.*

What emotions am I having?

- *Using a scale of 1 to 10, what is the intensity of each of my feelings?*

What am I thinking?

- *Get all your thoughts on paper in the moment if you are able to or after the fact. For assistance you may visit the Handouts Tab on our website and download Season 3 Handouts entitled: MAKING PEACE WITH YOUR THOUGHTS.*
- *Are my thoughts rational, distorted or irrational? Call out any thoughts that are distorted and/or irrational. We’ve included documents below to help you evaluate your thinking.*

What am I feeling in my body?

- *Are my muscles tense? Is my heart pounding? Is my breathing shallow, heavy, or not at all?*
- *Practice diaphragmatic or relaxation breathing to help your body cope with its reaction.*

What do I need right now?

- *When I am triggered, how can I bring myself back to this moment?*
- *How can I keep my thoughts from spinning and exploding into all sorts of directions?*

What am I thinking about doing? What have I done in response to my reaction?

- *What do I want my future self to say about how I handled myself in this situation?*
- *Use the fast forward question: You’re looking back on this moment and you’re proud of how you handled the situation, what would that look like?*

How do I proceed with what I need?

- *Use my trigger plan: PAUSE!*
- *Congrats on thoughtfully acting instead of impulsively reacting!*



HOLIDAY SUCCESS RESOURCES

"Triggers are a gift." 🧐 Negative emotions aren't the enemy—they're clues. Pause, notice, learn, and take charge. Our tools help you uncover the thoughts, feelings, and beliefs shaping your success.

Insight Maximizer Tools

Gerrod Parrot Chart of Emotions

Beliefs Checklist

Distorted Thinking Patterns by David Burns, MD

12 Irrational Beliefs and Disputes from Albert Ellis, PhD

Emotions & Feelings by Gerrod Parrott, PhD

Here is a deeper list of emotions as described in Parrott (2001), where emotions were categorized into a short tree structure.

Primary Emotion	Primary Feeling	Secondary Feeling
Innate	Learned	Learned
Love	Affection	Adoration, affection, love , fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy , delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, surprise , astonishment
Anger	Irritation	Aggravation, irritation, agitation, annoyance, grouchiness, grumpiness
	Exasperation	Exasperation, frustration
	Rage	Anger , rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
Sadness	Suffering	Agony, suffering, hurt, anguish
	Sadness	Depression, despair, hopelessness, gloom, glumness, sadness , unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, disappointment, displeasure
	Shame	Guilt, shame, regret, remorse
	Neglect	Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
	Sympathy	Pity, sympathy
Fear	Horror	Alarm, shock, fear , fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread

BELIEFS

CHECKLIST

Hi. Use this checklist as you review your personal journal entries.
Notate *LB* when you notice a Limiting Belief, and *EB* for Empowering Beliefs.

EMPOWERING BELIEFS

Characteristics

- Imaginative
- Positive thinking
- Unconditional love & acceptance
- Creative
- Original, unique
- Confident
- Conscious
- Focus on strengths
- Your highest, infinite thinking
- Aware of feelings
- Allows and responds to feelings

Examples

- *I am trustworthy.*
 - *I am intelligent.*
 - *I am significant.*
 - *I am loved.*
 - *I am talented.*
 - *I am resourceful.*
 - *I am healthy.*
 - *I am strong.*
 - *I am capable.*
 - *I am knowledgeable.*
 - *I am growing & improving in relationships.*
-

LIMITING BELIEFS

Characteristics

- Limited thinking
- Negative thinking
- Conditional love & criticism
- Stifled, old, stuck
- Fake, copy others
- Doubting
- Unconscious
- Correct weaknesses
- Human, limited, finite thinking
- Unaware of feelings
- Resists or reacts to feelings

Examples

- *I am wrong.*
 - *I'm not smart.*
 - *I'm not important.*
 - *I'm not good enough.*
 - *I'm not enough.*
 - *I am helpless.*
 - *I am sick.*
 - *I am weak.*
 - *I can't _____.*
 - *I don't know _____.*
 - *I will always struggle with relationships.*
-

Distorted Thinking Patterns by David Burns, MD

Write your thoughts about a particular situation or event, then compare each thought to these thinking patterns below and identify any distortions. If your thinking is distorted, utilize the listed coping skill to clarify your thinking.

1. **All-or-nothing thinking:** You look at things in absolute, black and white categories.
Example: if your performance falls short of perfect, you see yourself as a total failure.
Coping Skill: Learn to use a continuum for evaluating, realizing that absolutes do not exist in this universe.
2. **Overgeneralization:** You view negative events as a never-ending pattern of defeat—if it's true in this case, it's always true.
Example: After being turned down for a date, a young man concludes: "I'm never going to get a date. No girl would ever want to go out with me. I'll be alone and miserable for the rest of my life!"
Coping Skill: Evaluate for similarities and differences.
3. **Mental filter:** You dwell on the negatives and ignore the positives, perceiving that the whole situation is negative.
Example: You overhear someone making fun of your best friend and conclude that that's what the entire human race is like: cruel and insensitive.
Coping Skill: Remember times when you overheard someone talking positive about someone—it happens!!
4. **Discounting the positives:** You insist that accomplishments or positive qualities don't count, assuming that the worst will happen.
Example: You make a mistake and conclude that your reputation is ruined.
Coping Skill: Calculate the probability that the worst will happen. What is the evidence that it won't?
5. **Jumping to conclusions:** You conclude things are bad without any definite evidence.
Example:
 - a) **Mind reading:** You assume people are reacting negatively to you.
 - b) **Fortune telling:** You predict that things will turn out badly.**Coping Skill:** Look for evidence to support or refute the assumption or prediction.
6. **Magnification or minimization:** You blow things way out of proportion, or you shrink their importance, where positive events "count" less and negative events "count" more.
Example: You feel inferior after a mistake.
Coping Skill: Identify all parts of a given situation, the positive, negative, and neutral.
7. **Emotional reasoning:** You assume that your negative emotions necessarily reflect the way things really are. "I feel it, therefore it must be true."
Example: A depressed person thinks, "I feel overwhelmed and hopeless, therefore, my problems must be impossible to solve!"
Coping Skills: Separate objective facts from emotional beliefs.
8. **"Should" statements:** You criticize and judge yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
Example: Your doctor is running behind schedule and is late to your appointment. You think, "He shouldn't be so thoughtless! He ought to be prompt!"
Coping Skill: Recognize that should statements represent preferences instead of vital needs.
9. **Labeling:** You use labels or extreme emotional terms in describing yourself, events, or others.
Example: Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "a loser."
Coping Skill: Separate objective facts from emotional beliefs and define terms.
10. **Blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that you contributed to a problem.
Example: When a parent saw their child's report card, there was a note from the teacher stating that the child is not working well. The parent automatically decides: "I must be a bad parent! I've failed as a parent!" OR The electric bill is overdue, and when your spouse asks you about it, you say, "You didn't remind me to take care of it!"
Coping Skill: Identify all parts of a given situation, the positive, negative, and neutral, along with outside factors that influenced the outcome.

12 Irrational Beliefs and Disputes from Albert Ellis, PhD

Disputing irrational beliefs is a key aspect of Rational Emotive Behavior Therapy (REBT). When individuals challenge their irrational beliefs, they can replace them with more rational and constructive thoughts. Here are some common disputing thoughts for each of Albert Ellis's 12 irrational beliefs:

1. The belief that one must be loved and approved by everyone. Disputing thought: "It's okay if not everyone loves or approves of me. I don't need universal acceptance to be happy and worthwhile."
2. The belief that one must be thoroughly competent, achieving in all aspects of life, in order to be considered worthwhile. Disputing thought: "Nobody is perfect at everything, and that's okay. My worth is not solely determined by my achievements."
3. The belief that certain acts are awful or wicked, and that those who perform such acts should be severely punished. Disputing thought: "People can make mistakes, but that doesn't make them inherently bad or deserving of extreme punishment. It's better to focus on learning and growth."
4. The belief that it is terrible when things do not go as planned or desired. Disputing thought: "It's natural for things to not always go as planned. I can adapt and find solutions when faced with unexpected challenges."
5. The belief that emotional discomfort or unhappiness is unbearable and must be avoided at all costs. Disputing thought: "Unpleasant emotions are a part of life. I can cope with them and learn from them instead of avoiding them."
6. The belief that one has little or no control over one's emotional reactions and therefore cannot help feeling the way they do. Disputing thought: "I have the power to influence my emotional reactions through my thoughts and actions. I can choose healthier ways to respond to situations."
7. The belief that external events and other people are responsible for one's emotional experiences and disturbances. Disputing thought: "While external events can influence my emotions, I am ultimately responsible for how I interpret and react to them."
8. The belief that past experiences entirely dictate a person's present feelings and behaviors, and that they have no capacity to change or grow beyond their past. Disputing thought: "My past does not have to define my present or future. I can learn and grow from my experiences and make positive changes."
9. The belief that achieving happiness and contentment is dependent on the existence of perfect solutions to life's problems. Disputing thought: "Perfection is unrealistic, and life is full of imperfections. I can find happiness by accepting and working with what I have."
10. The belief that one must worry about potential future negative events and catastrophize about what might happen. Disputing thought: "Worrying excessively about the future won't change the outcome. I can focus on what I can control in the present."
11. The belief that it is easier to avoid life's difficulties and responsibilities rather than facing and dealing with them. Disputing thought: "Avoiding problems may provide temporary relief but facing and dealing with challenges leads to growth and resolution."
12. The belief that one should be constantly worried about the well-being of others and that their happiness is essential for one's own well-being. Disputing thought: "While caring for others is important, I also need to prioritize my own well-being and recognize that their happiness is not solely my responsibility."

It's important to note that these disputing thoughts may need to be tailored to each individual's specific circumstances and beliefs. The goal of disputing irrational beliefs is to foster more realistic, rational, and healthier ways of thinking, leading to improved emotional well-being and more adaptive behaviors.