

# EMOTIONAL HEALTH = PROCESS OF WORKING THROUGH EMOTIONS

**Therapist**  
 Work Through **Your Own Emotions** Using Coping Skills BEFORE teaching clients

**1: Acknowledge: Label**  
**External: Therapist-** What is happening around you? *Name your external triggers*  
**Practice this same labeling of external stress that you wish to teach clients**  
 External: Change, clutter-chaos, time management, education, employment/career, finances, relationships, parenting, childcare, caregiving, separation, divorce, conflict, criticism, betrayal, judgment, bullying, illness, injustice, abuse, dishonesty, legal problems, crime, natural disaster, trauma, pandemic, death  
**Internal: Identify (Mind) & Experience (Body)**  
**How do YOU feel?**  
 (Also referred to as internal emotional awareness)

<b>(Mind) Label Emotions:</b>		<b>Bodily Sensations:</b>
Joy	Sadness	Sleep problem
Happiness	Anger	Appetite problem
Peace	Worry	Muscle tension
Acceptance	Jealousy	Digestion issues
Pride	Embarrassment	Pain
Serenity	Resentment	Fatigue
Trust	Mistrust	Irritability
Confidence	Inferiority	Anxiety, agitation
Security	Insecurity	Memory, focus
Healthy Guilt	Shame	Tears
Independence	Dependence	Hypertension
Hope	Hopeless	Illness

**2: Learn**  
 Do you, as a therapist, Consider emotions as OPPORTUNITIES?  
**Begin your own practice of this philosophy**

- 1. Breathe, calm yourself**
- 2. Reality Check**—Practice using this tool in your own life. Cross off the items in column 1 that are distortions, exaggerations, or not true. Cross off anything that is *not* within your control.
- 3. Intention**--What do you want to achieve? Goals? Direction? Role-modeling?
- 4. Choices-- Logic**--What are the possible options? Brainstorm all possibilities, seek resources & learn how successful people coped with distress. How can you problem solve? (*Google to help research*)
- 5. Values:** What advice would you give a beloved who felt this way in a similar situation? Roles reversed, how would you wish to be treated? **What is the right thing to do?**— Use Wise mind: align action with values, maintain dignity and role model what you believe in.
- 6. What is the life lesson?** What does this experience teach you? What could you learn?

**Stage 3: Let Go & Grow**  
 Therapist, have you release the need to control that which is out of your control?  
 \*Face Fears  
 \*Coping skills replace avoidance & bad habits.

- 1. Be curious** about how to face fears and make changes in small, attainable steps.
- 2. What resources** and support do you need?
- 3. What could** make your lifestyle **changes easier, more interesting, more fun?**
- 4. Is there an app** for that?

**When EXPERIENCING Your EMOTIONS becomes too uncomfortable, COPING SKILLS relieve and soothe your pain. Coping skills are behaviors, thoughts, resources or tools that assist you in the process of working through painful emotions.** Examples of coping skills: meditation, healthy nutrition, exercise, recreation, positive attitude, cognitive reframing, problem-solving strategies and medication as prescribed.

## Therapist, address and resolve your own Self-Defeating Behaviors: Your Cop Outs

**A cop out** is a bad coping skill. It's a self-destructive quick fix that allows you to avoid deny, stuff, or escape your painful emotions and problems rather than dealing with them with dignity or becoming a role model.



**Copping out with bad habits creates self-sabotage.**

Your **bad habits** and **addictions** mess up your life with negative and harmful consequences.

**You choose your response. Cope or Cop out?**

**You will feel authentic helping others once you have succeeded in helping yourself**

### Bad Habits Addictions

**Habitual** complaining, blaming, worrying

**Excessive** working, media, spending, shopping, gambling, eating and obesity.

**Dysfunctional relationships:** gossip co-dependence: obsessing about other people's behavior and thoughts, affairs, betrayal, excessive porn

**Rage addiction:** yelling, tantrums, threats, name calling, physical abuse, domestic violence

**Substance Addictions:** caffeine, nicotine, alcohol, drug abuse,

**Sexual addiction**  
**Self-mutilation**