

You always have a choice. Cope using skills.... Or cope using bad habits?

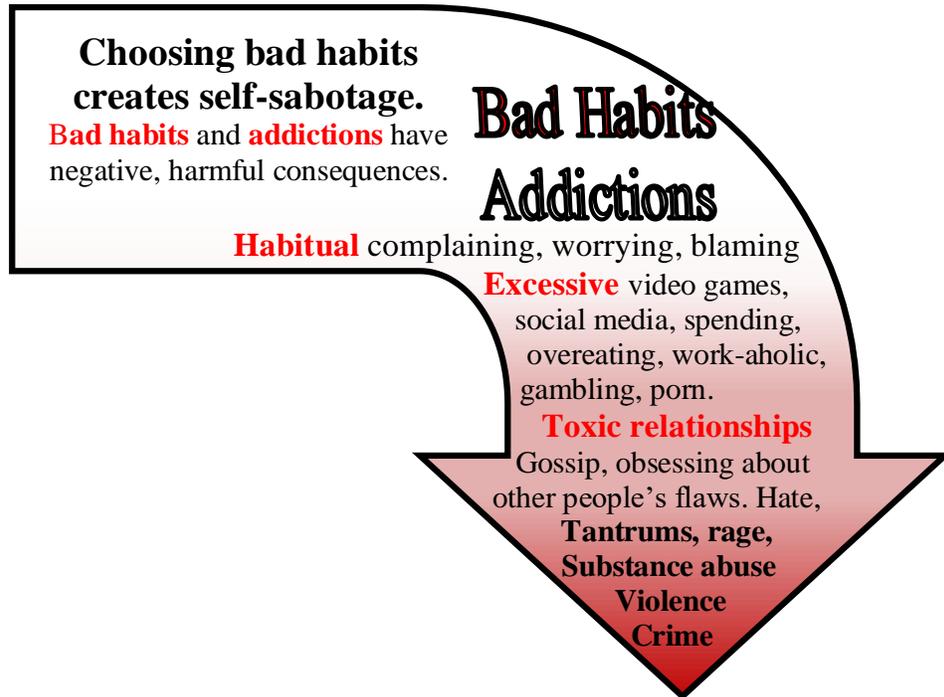
### Option #1

## Emotional Map = Work Through Emotions Using Coping Skills

<p><b>1: Acknowledge Your Mind and Body</b></p> <ul style="list-style-type: none"> <li>• Listen to your thoughts.</li> <li>• Label your emotions.</li> <li>• Experience the physical sensations of thoughts and emotions in your body.</li> </ul>	<p><b>2: Learn</b></p> <p>Consider emotions as <b>OPPORTUNITIES.</b></p> <ol style="list-style-type: none"> <li>1. Breathe, calm yourself.</li> <li>2. Reality Check.</li> <li>3. Choices: How can you cope?</li> <li>4. Intention—Align your coping skills with your values.</li> <li>5. Coping Skills: habits, tools, resources &amp; support that help you work through stress and emotions.</li> </ol>	<p><b>Stage 3: Let Go &amp; Grow With Emotional Intelligence.</b></p> <p>Cope, problem-solve &amp; embrace life lessons. Live in NOW Release the past.</p>
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### Option #2

## Self-Defeating Behaviors



# EMOTIONAL HEALTH = PROCESS OF WORKING THROUGH EMOTIONS

## Using Healthy Coping Skills

**1: Acknowledge: Label**  
**External: What is happening around you?**  
*Name your external triggers*  
**Stress:** 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
Happiness	Anger
Peace	Worry
Acceptance	Jealousy
Pride	Embarrassment
Serenity	Resentment
Trust	Mistrust
Confidence	Inferiority
Security	Insecurity
Healthy Guilt	Shame
Independence	Dependence
Hope	Hopeless
	Sleep problem
	Appetite problem
	Muscle tension
	Digestion issues
	Pain
	Fatigue
	Irritability
	Anxiety, agitation
	Memory, focus
	Tears
	Hypertension
	Illness

**2: Learn**  
**Consider emotions as OPPORTUNITIES.**

- 1. Breathe, calm yourself**
- 2. Reality Check**—Cross off the items in column 1 that are not happening, exaggerations, distortions 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**

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.

# Self-Defeating Behaviors

A bad coping skill is a self-destructive quick fix that allows you to avoid deny, stuff, or escape your painful emotions rather than problem solving with dignity and becoming a healthy role model.

**Bad habits cause self-sabotage.**  
→ Your **bad habits and addictions** mess up your life with negative and harmful consequences.

**You choose your response.**

**Cope using skills or Cope using bad habits?**

**Are you living your best life?**

## Bad Habits Addictions

**Habitual** complaining, blaming, worrying

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

**Toxic relationships:** gossip co-dependence (obsessing about other people's behavior, thoughts, flaws) affairs, betrayal, excessive porn

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

**Substance Addictions:** caffeine, nicotine, alcohol, drug abuse,  
**Sexual addiction**  
**Self-mutilation**