

Journey Forward Workbook Video Series Course
THOUGHT & EMOTION PROCESSING TECHNIQUE

1. What are your thoughts.
2. What are the accompanying emotions?
3. Go back to the thoughts; are they based in truth and reality? Are they admissible in a court of law?
4. What thoughts are left?
5. What emotion follows the real thoughts?
6. Validate the emotion by saying, "It's ok to feel (EMOTION) based on the thought that (REAL THOUGHTS)."
7. Let the emotion be there. Notice what it's like in your body. Just sit with it. Decide how long you want to feel. Then, simply allow it to be there.
8. When you're finished feeling for now, take a deep breath. As you blow it out, imagine yourself letting go of the emotion. Feel your body relax a little (or a lot). Splash water on your face or get some fresh air. Take three long slow deep breaths.
9. Where do you have control or responsibility in this situation? When you think about control, look at what you can do that is healthy, legal, and wise. What are your next steps?
10. Now do something that is either necessary like get back to work, an action step, or is healing in some way.

REPEAT STEPS 1-10 AS NECESSARY