

MANAGE MY EMOTIONS CHECKLIST

Use this checklist to help you practice your MME Journey.

PART 1: KNOW I CAN CHANGE

- ☐ Know *why* I want to change.
- ☐ Identify compelling reasons to change.
- ☐ Know that I am worthy.
- ☐ Identify my coping skills.
- ☐ Expand my range of coping strategies.
- ☐ Remember that my emotions are temporary.
- ☐ Remember that my emotions are labels of my feelings.
- ☐ Know how my brain works.

PART 2: HOW DO I CHANGE

- ☐ Identify a specific area to change.
- ☐ Change now.
- ☐ Build a practice to maintain my changes.
- ☐ Repeat to Practice, Practice, Practice.

PART 3: MANAGE EMOTIONS, IN MYSELF

- ☐ Identify if each of my five core emotions in balance. Not too much, not too little.
- ☐ Identify if there is a pattern of certain emotions being in excess while others are weak.
- ☐ Out of the range of tools, identify which one(s) to use as a starting point.
- ☐ Consider starting with tools in my areas of weakness.
- ☐ Practice tools.
- ☐ Expand my use of different tools to find the best one(s) for me.

PART 4: APPLY IT NOW, BEYOND ME

- ☐ Notice how emotions within me connect to the outside world.
- ☐ Notice how my dance with the outside world keeps me “stuck” in my emotional pattern.
- ☐ Expand my motivation and communication skills.
- ☐ Examine my relationship with my beloved, family, and friends to determine reciprocity and balance of emotional practice.
- ☐ Consider my relationship with my employer, school, or vocational practice to find opportunities for a wide range of personal success.
- ☐ Knowing that healing practices have several themes around the world, consider how my emotional balance affects not only my mood but also my mind, body, and spirit.
- ☐ As I move toward balance, review again to determine what new actions may be needed.
- ☐ Practice. Practice. Practice.

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What I Wish I'd Learned in School
about Anger, Fear and Love



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