

HANDLING RISKY EMOTIONS

We all have emotions! Emotions, both pleasant or unpleasant, are a natural response to the world around us. Sometimes, we might feel “risky” emotions that can lead to strong, stressful sensations in our body. Risky emotions can confuse our thinking, or cause us to react without thinking. We can keep ourselves and others safer by recognizing risky emotions and choosing a helpful strategy to take care of them. This activity asks you to remember a time when you used a helpful strategy to handle a risky emotion.

1 Think of a recent time when you felt a risky emotion. Remember how you reacted to it. Did you react without thinking or were you able to use a helpful strategy?



2 If you used a strategy, what did you do? How did it help you or others? Write about what happened below.



3 Look at the list and circle any strategies that might work for you.



drink a cup of water or tea



take a walk outside



play a game



talk to someone you trust



think of something that calms or comforts you



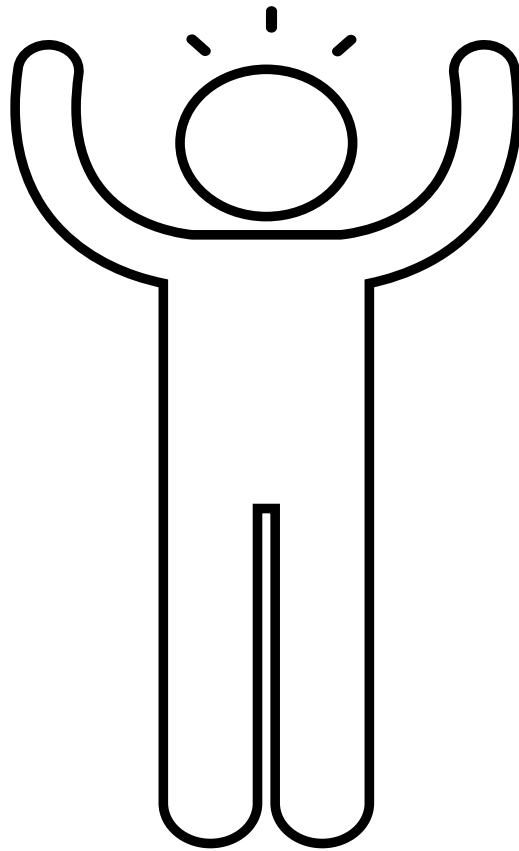
look at things from a different point of view



4 Draw a simple picture of yourself using a helpful strategy - one of your own, or one listed in the list to the left.

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Imagine yourself using a helpful strategy to deal with a risky emotion — one of your own, or one listed on the previous worksheet page. Notice any sensations that arise. Label the sensations on the body where you felt them.



TODAY'S CHALLENGE

Write a list of your favorite helpful strategies and keep them somewhere you will see them. Use one of the strategies next time you feel a risky emotion.
