***Reducing “Big Feeling” Producing Thoughts***

Intense emotions or “Big Feelings” arise because of our responses to others’ actions and situations. People or actions may trigger our “Big Feelings” response, but it is up to us to develop rational coping skills so that our intense emotions do not get out of control.

For Example: When we are angry, our self-talk can often sound inflexible, judgmental, extreme, black/white, or characterized by “should-ing” on others or ourselves. By recognizing our extreme reactions or habits of thinking and developing more balanced coping statements, we can reduce the anger.

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| **Big Feeling Producing Thought** | **Big Feeling Reducing Thought** |
| He makes me So mad! | He does not have the ability to make me feel anything. My feelings are my own, rather I am mad at him. |
| She RUINED my life! | I am very upset with her. |
| They had No Right to say that! | I am disappointed that they said that. |
| I won’t let them get away with this! | I will tell them that I am offended and hurt by what they said |
| I did a Horrible job on this task. | I did my best today, and I will work on doing it better/differently next time. |

Your turn to put it into practice!

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| ***My Big Feeling Producing Thoughts*** | ***My Big Feeling Reducing Thoughts*** |
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