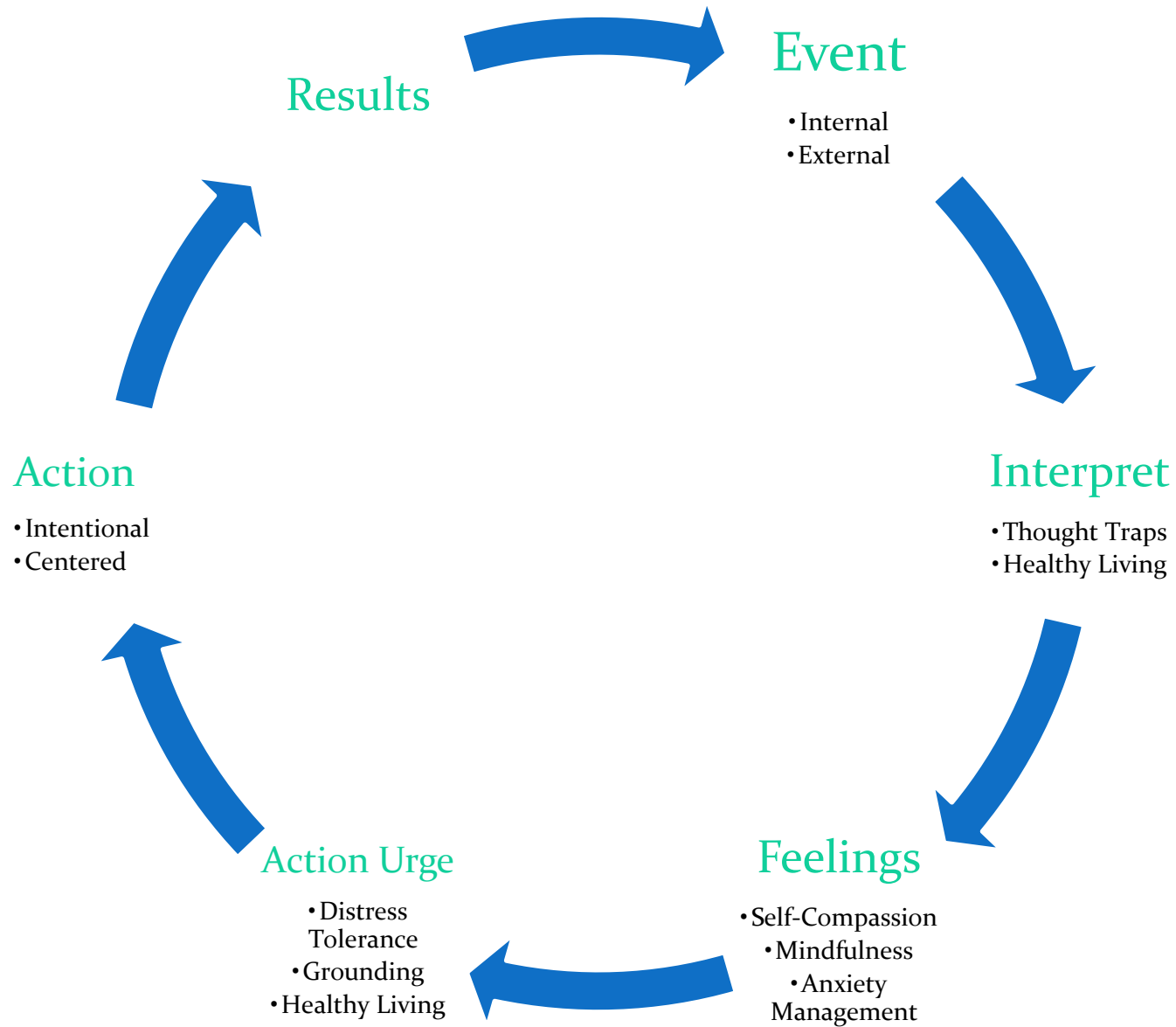


FEELINGS MODEL

KNOWING HOW FEELINGS HAPPEN AND FUNCTION HELPS US TO INFLUENCE THEM



Event: This is where emotions start; emotions can be triggered by an event inside of us (thoughts, memories, self-criticism) or in our environment (getting a bad grade or bill you can't afford, a break up).

Interpretation: How we interpret, perceive, or make sense of these events have a HUGE impact on how we feel.

Feelings: A reaction to the way we interpret an event; learning to experience these feelings with observations and non-judgment is important. With observations of feelings, we can sometimes hone in on the deeper feelings under surface feelings

Action Urge: What is your emotion driving you to do? Is the drive emotionally grounding or emotionally reactive?

Action: Do you follow through on the urge? Can you calm down from the reactive urges to make an intentional choice?

Results: Observe and describe the results from your emotions and actions. What worked? What didn't? Learn from the experience.