

## ***Emotional Processing Tool***

The goal of this exercise is to assist you in understanding that your emotions are feedback from your “stories” and your needs. One of the best ways to help yourself process difficult situations is by questioning your story. What meaning are you assigning to a certain situation? Understanding what your needs are surrounding a situation and developing a healthy strategy to meet those needs also helps to begin the process of healing.

- Begin by addressing an unresolved situation that has been weighing on you. What are your thoughts or beliefs about this situation?
- Witness and label the emotions that begin to bubble to the surface.
- Begin to question your story. Can you know for certain that this is true?
- Can you find 3 pieces of proof that oppose your original interpretation? Can there be less painful or problematic interpretations that are “as true” as your original assumption...if not more true?
- What is the need in this situation to create relief?