

# Helping Me Handle My Emotions

## UNDERSTAND THE EMOTIONS YOU HAVE

- Be aware of your emotions — observe and describe them.
- Understand what emotions do for you — what happens when you are angry? What happens when you are excited?

## REDUCE YOUR EMOTIONAL RISK

- Think about the times/places/situations where negative emotions happen. With this in mind, try to decrease the negative emotions from occurring.
- Increase positive emotions, such as happiness and hopefulness.

## DECREASE EMOTIONAL PAIN

- Let go of painful emotions through awareness of your emotions.
- Change painful emotions through opposite action.