

My Tools for Feelings Menu

Talking Tools Can talking to other people help you fix your feelings?
Who can you talk to?
Ask for help?

Mental Tools Thoughts that dissolve anxious or angry feelings?
That's okay, I can handle it.
Rate the size of the problem on a scale from 1-10, with 10 being the worst problem you could imagine.
Worst case scenario: What's the worst thing that could happen?
Use my Thinking Errors document and see if what you are thinking is really true and if you can make a thought that is more accurate and/or feels better to you.
Count your blessings- think of all you have to be grateful for- do you have a roof that doesn't leak, air conditioning, a healthy body, people who care about you, food to eat, a good bed to sleep in?
Pray.

Relaxation Tools What have I learned to do to calm myself?
Meditations- see my meditations document for techniques.
Relaxation- see my relaxation tips document!
Breathing.
Use your imagination to go to a better place.
Hot bath.
Aroma therapy.
Massage.

Doing Tools What can I do that will help me change unpleasant, disorganized thoughts and feelings into a sense of well being and focus?



Exercise- work out, run, walk, ride a bike, yoga, swim, jump on a trampoline, jumping jacks, stretching- how else do you like to get your blood pumping?

Go somewhere different.

Clean or organize your stuff.

Build something.

Draw, color, paint, make something from clay.

Go take some pictures.

Play a game, a video game.

Other Tools

Humor, Special Interest, Acting- How can these help?

Tools that don't work

What do you do or think sometimes that makes things worse?

I can't handle it.

I can't stand it.

I can't.

It's not fair.

This shouldn't happen.

Hitting, kicking, yelling, hurting, biting, hurting yourself, saying mean things to others, breaking things.

