## **Responding to Difficult Situations**

Difficult situations make us feel emotions like anger, sadness, anxiety etc. These emotions can cause us to do things that make the situation worse and make us feel even worse.

Completing the following will help you to calm down, think about what has happened and how you feel then help you to respond helpfully so that you can feel better and make the situation better.

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| **Recognise** | In this situation did your body react and give you the ‘heads up’ you are getting emotional. What did your body do?  Tight chest? Sweaty Palms? Weird feeling? Tingling hands? Other? |
| **Understand** | Write down a summary of what happened. Just the key points that matter to you. |
| **Label** | Look at the back of this sheet and circle the emotions that you felt in this situation. Write those emotions here. |
| **Think** | 1. Do I know all of the facts in this situation? 2. What thoughts or story are contributing to my feelings in this situation? 3. Are my feelings right? Impacting me? Helpful? 4. What outcome would I like? 5. What impact do I want to have? |
| **Express** | Who could you talk to about this? Someone that would listen and help you to think through the best way to respond?  When would be a good time to do that? |
| **Respond**  **(regulate)** | What could you do to hep yourself feel better?  What could you do to make the situation better? To maximise the chance of you getting your best case scenario?  What could you do to reduce the chance of the worst case scenario?  What could you do to prepare for the most likely scenario? |

**Circle any emotions that you are feeling…**

* When you lose something that matters to you, or you perceive that you have, you will feel **sad**.
* When something unfair (not right) happens, or you perceive something as being unfair, you will feel **angry**.
* When there is a threat to you, or you perceive there is a threat, you feel **fear** or **anxious.**
* When your expectations are not met, or you perceive they have not been met, you will feel **disappointed** or **frustrated.**
* When you do something you know is wrong, or think that you have then you feel **guilty**.
* When there is nothing that you can do or you perceive that there is nothing that you can do, you will feel **hopeless**.
* When you feel bad about who you are, like you are not good enough then you feel **shame**.
* When you do not have enough connection and friendship with people or you perceive that you don’t, then you will feel **lonely**.
* When someone breaks or pulls back from their relationship with you, or you perceive that they have, you will feel **rejection.**
* When you feel sad alot of the time, even though there is no current negative situation in your life, then you may be struggling with **depression.**
* When you feel fear and worry a lot of the time, even though there is no current threat situation in your life, then you may be struggling with **anxiety.**
* When you feel exposed or at risk of something negative happening, then you are feeling **vulnerable.**
* When you have done something that you wish you hadn’t then you are feeling **regret.**
* When you are not sure what to do/think/feel then you are feeling **confused.**
* When you lack interest in a situation/conversation/lesson you are feeling **bored**.
* When you lack commitment to a situation then you feel **unmotivated.**
* When you achieve less than you wanted to then you feel **dissatisfied**.
* When you don’t care what happens then you feel **indifferent.**