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# REGULATE YOUR EMOTIONS AND END EMOTIONAL SUFFERING

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On days you're feeling emotionally upset, use the Seven-Step System to Regulate Your Emotions and End Emotional Suffering:

## Step 1: Pause and Reflect

- ▷ Are my emotions driving my reactions, choices and behaviours?
- ▷ What actions or responses are my emotions triggering me to take?
- ▷ How have these emotions caused me to react in the past?

## Step 2: Observe the Emotion

- ▷ What is happening for me right now?
- ▷ How do I feel?

## Step 3: Uncover the Underlying Belief/Thought Triggering the Emotion

- ▷ What am I thinking or believing to be true?
- ▷ If what I am thinking or believing to be true *is true*, what do I think it means about me and/or what would happen as a result of it being true?
- ▷ What else am I thinking or believing to be true about myself, the situation, and/or the world around me?
- ▷ If what I am thinking or believing to be true *is true*, what do I think it means about me and/or what would happen as a result of it being true?

## Step 4: Affirm the Truth

- ▷ Is the thought/belief a fact or an opinion?
- ▷ Is it positive or negative?
- ▷ Is it the truth or a lie?
- ▷ What is the truth?

## Step 5: Accept the Emotion

- ▷ Emotions are like waves, they ebb and flow, they come and go. Accept your feelings without trying to hold on to ones you want to keep or force away ones you don't want. Remember, peace always returns. Take another deep breath and affirm: This too shall pass.

## Step 6: Choose Your Response

- ▷ What do I believe is the best way to respond to the situation that triggered my emotions? (Remember, sometimes no response is a good response.)

## Step 7: Shift Your Focus to Gratitude

- ▷ What three things am I thankful for?