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### **Handling Strong Feelings**

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Here are six good things you can tell yourself or ask yourself when you are feeling any strong emotion.

1. Don't Fly Off....Cool Off:
  - a. Count to ten – or higher
  - b. Take five slow breaths
  - c. Walk away from the situation for a while, until you calm down.
  
2. Don't jump to conclusions. Ask, am I sure I know all the facts?
  
3. Do I want what usually happens when I feel this way, to happen this time?
  
4. Is this something worth being upset about? Does the situation call for this kind of reaction?
  
5. Is there a way to make it better before I say or do anything? Try to find a solution before acting.
  
6. Is there a way to negotiate or compromise in this situation? Think of all the options before acting.
  
7. You win some, you lose some.
  - a. Tell yourself: “things don't always go my way, but sometimes they do.
  - b. “It could be a lot worse”
  - c. “This is not worth getting myself upset”
  - d. “I can put this behind me and move on”

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