

Revised Agitated Energy Process

When you feel an emotional trigger, usually as a sensation in your body, walk yourself through these steps, mentally or as a brief journaling process, to get to the bottom of it. Repeat as needed.

1. What is the emotion that I am feeling?

(Use emotion words to label what you are feeling; i.e., anger, hurt, sadness, fear, frustration, etc. This is a brief one or two word response. Take emotions one at a time and keep it simple.)

2. What story am I telling myself that is causing me to feel this way?

(What is the emotion telling you?)

3. What new perspective could I take that would be calming to me?

(What comes up as your new way of looking at the situation?)

Do you feel calm now? If so, you're done! If not, repeat the process until you feel at peace.