

# NO HARD FEELINGS – FEEL IT, FACE IT, THRIVE!

## SESSION 3 WORKBOOK



## WELCOME BACK TO SESSION 3



- ✓ What are emotions and why do we have them?
- ✓ We introduced the hot cross bun (5 areas formulation) and how we can get caught up in vicious circles.
- ✓ We also looked at beginning to record thoughts.

**How did you get on with the home tasks we set?**

***Do you remember our discussion around building a new house? We are going to continue to work on the first floor of our house.***

## GOALS FOR TODAY

- ✓ To look for patterns in your emotional triggers (what causes your emotional experiences).
- ✓ To explore the short and long term consequences of your emotional responses.

Today we are going to take this a step further and examine what happens before and after we feel a strong emotion so that we can put the experience into context.

Firstly we will look for patterns in the situations or events that trigger emotions. Being clear on what prompts our emotions will help us feel like they are more predictable and as a result more manageable.

Next we will look at how you manage your emotions once they are triggered.

And finally we will look at how you respond to your emotions – both long and short term.

## INTRODUCING THE ARC



We use the term ARC to help us to keep track of how an emotions experience progresses.

**ARC means:**

**Antecedent** – something that triggers your emotions

**Response** – your thoughts, physical sensations and behaviours that occur during the experience

**Consequences** – what happens as a result of the emotional response

### USING OUR ARC FORM

There are copies of the form to fill in at the end of the workbook.

Date Time	Antecedent What triggered your emotional response?	Response			Consequence	
		Thoughts	Physical Sensations	Behaviours	Stop! Start! How is this response working for you?	Upside! How might this response lead to more positive emotions in the future?
	A	R				C
	A	R				C
	A	R				C

### FURTHER EXPLANATION OF THE ARC



Some emotions feel as if they come out of nowhere but it's important to keep in mind that every emotion is triggered by some event or situation.

Sometimes the trigger can be an event that just happened.

Other times it can be something that happened earlier in the day or even last week.

Additionally the trigger isn't always an external event but instead the way you feel physically – e.g., lack of sleep and feeling heavy, or jittery after too much coffee.

Finally an antecedent can also include things that make you vulnerable to experiencing emotions more intensely – tiredness, hunger or general stress.

**Have a think about what you're a's are:**

--



<b>Thoughts</b>	
<b>Physical Sensations</b>	
<b>Responses</b>	

**Take a note of these in your forms too.**



When we experience strong emotions they leave lasting impressions. We remember our triggers (A) and what the response felt like (R) and this influences how we respond to similar situations in the future.

As humans we repeat what makes us feel good and we avoid things that make us feel bad.

This has both short and long term consequences. List these in your forms too.

### **WHAT DOES THIS HAVE TO DO WITH MY SYMPTOMS?**

In addition to being able to learn from our emotions after they occur, humans have the gift of foresight.

This means we can imagine whether certain situations could possibly bring up strong emotions and we can therefore change our behaviour to prevent potential bad feelings.

This may lead to us avoiding situations that aren't actually threatening.

Sometimes the focus becomes more about avoiding uncomfortable emotions rather than preventing problematic events from occurring.

We try to judge what will happen in the future and plan our actions based on this.

Avoidance of situations and emotions because they might bring up strong emotions is what lead to problems in our lives and may prompt us to seek treatment.



**FORESIGHT**

## CONSEQUENCES

Let's think about the consequences of engaging in behaviours that the strong emotion leads us to do when your response doesn't fit the situation.

E.g., fleeing when you feel fear in the context of a panic attack (which in itself is not dangerous) has both short and long term effects on your emotions.

*Short term:* relief

*Long term:* confirms our beliefs that panic attacks are dangerous and harmful and getting caught up in vicious cycles

The more you avoid the more likely you'll be to feel the emotion again in the future.

**If we follow the ARC forms they will help to track the ARC of your experiences.**

**This builds on the last forms in that as well as tracking your thoughts, physical sensations and behaviours (Rs) you will be paying attention to your triggers (As) and both the short and long term consequences (Cs).**

**Complete one of the forms any time you are experiencing a strong emotion – at least once per day.**

**Notice how engaging in responses to push away emotions only works for a short time.**

**Long term it backfires making the emotions more likely to come up in the future.**

**STRONG EMOTION > COMPLETE ARC FORM >**

**DO THIS AT LEAST ONCE PER DAY**



**Let's take time to check out if this has made sense to you today. Let's see if these are true or false.**

1. In the ARC of emotional experiences, A stand for what triggered the experience, R stands for how you respond and C stands for the consequences of how you responded?
2. Triggers for emotional experiences only include events or situations that just happened and not events from earlier in the day.
3. Our emotions help us to learn to approach or repeat things that make us feel good and avoid things that make us feel bad
4. There are usually only short term consequences for how we respond to an emotional experience.

## HOMEWORK

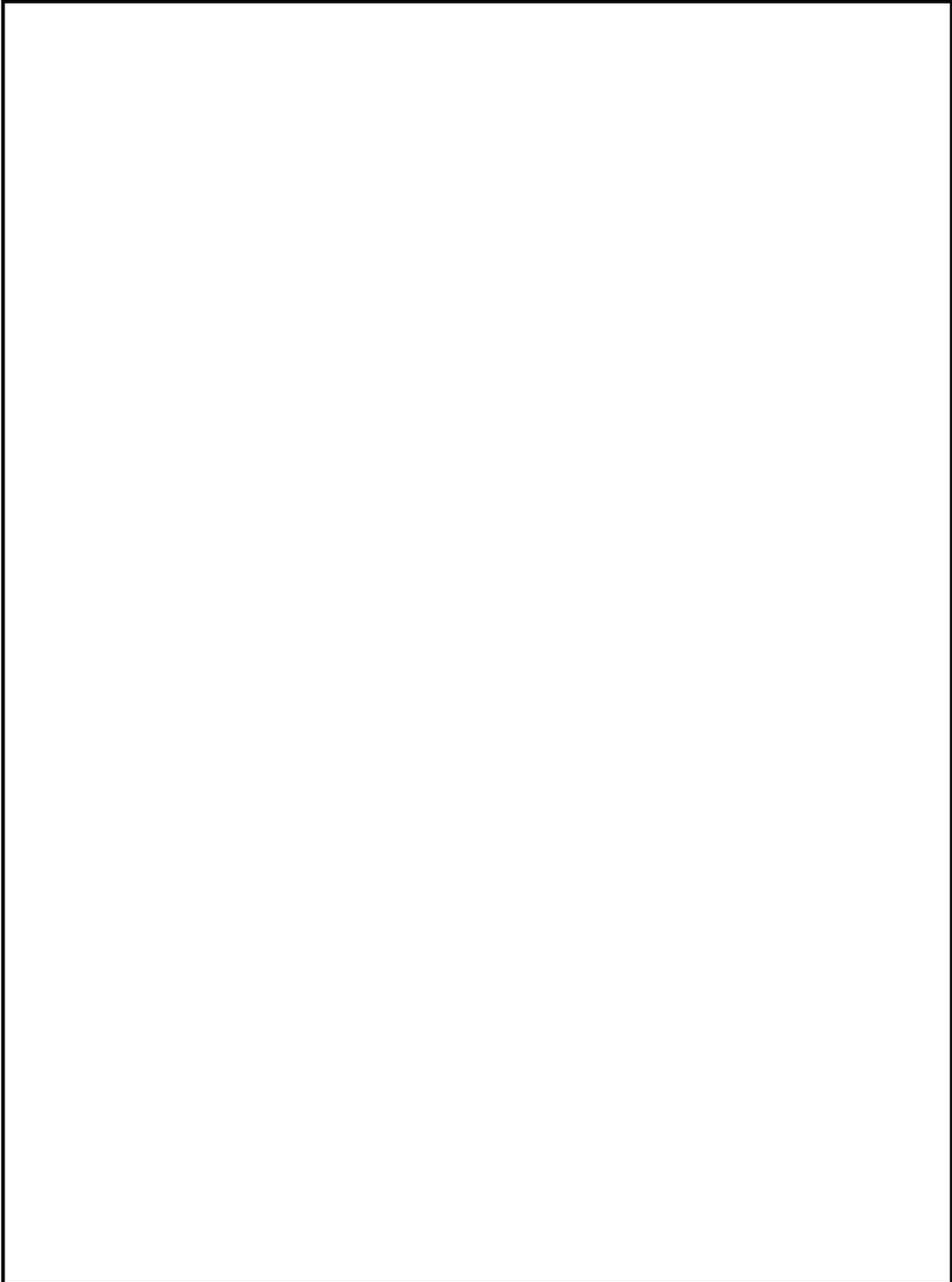
- ✓ Read over the workbook and your notes
- ✓ Complete your ARC forms for any intense emotional experiences – at least once per day.
- ✓ For next session please can you think about a bit of music that brings back memories for you – both happy and sad.



**Thank you for attending Week 3.**

**See you next time for Week 4.**

## MY NOTES

A large, empty rectangular box with a thin black border, intended for writing notes. It occupies most of the page below the title.

DATE/TIME	ANTECEDENT WHAT TRIGGERED YOUR EMOTIONAL RESPONSE	RESPONSE			CONSEQUENCE	
		THOUGHTS	PHYSICAL SENSATIONS	BEHAVIOURS	SHORT-TERM HOW IS THIS RESPONSE WORKING FOR YOU?	LONG-TERM HOW MIGHT THIS RESPONSE LEAD TO MORE NEGATIVE EMOTIONS IN THE FUTURE?

DATE/TIME	ANTECEDENT WHAT TRIGGERED YOUR EMOTIONAL RESPONSE	RESPONSE			CONSEQUENCE	
		THOUGHTS	PHYSICAL SENSATIONS	BEHAVIOURS	SHORT-TERM HOW IS THIS RESPONSE WORKING FOR YOU?	LONG-TERM HOW MIGHT THIS RESPONSE LEAD TO MORE NEGATIVE EMOTIONS IN THE FUTURE?

DATE/TIME	ANTECEDENT WHAT TRIGGERED YOUR EMOTIONAL RESPONSE	RESPONSE			CONSEQUENCE	
		THOUGHTS	PHYSICAL SENSATIONS	BEHAVIOURS	SHORT-TERM HOW IS THIS RESPONSE WORKING FOR YOU?	LONG-TERM HOW MIGHT THIS RESPONSE LEAD TO MORE NEGATIVE EMOTIONS IN THE FUTURE?