

Check the facts

Does the emotion fit the situation? And what to do when the answer is yes.

This is the step before anything else. Most emotional intensity is generated by an interpretation that feels like a fact — and separating the two on paper works considerably better than doing it in your head.

THE EMOTION, NAMED AS PRECISELY AS YOU CAN

THE EVENT THAT PROMPTED IT — FACTS ONLY

What I am telling myself (interpretation)

What actually happened (fact)

OTHER READINGS OF THE SAME FACTS

IF THE WORST READING WERE TRUE — WHAT WOULD THAT ACTUALLY MEAN, AND COULD I COPE?

DOES THE EMOTION FIT? DOES THE INTENSITY FIT?

If it fits: this is not a skills problem. Problem-solve it, or accept it if it cannot be changed. If it does not fit, or acting on it would cost more than it is worth: opposite action, all the way.