Putting an End to the Vicious Circle

Create healthy ways to consciously express negative thoughts and feelings as they arise by following this step-by-step process.

When an issue, event, or situation arises where you are triggered negatively by something or someone:

a) Stop, take three deep breaths, and excuse yourself from the scenario. If that means a quick time out in the bathroom while you complete this exercise, that's OK.

b) Evaluate the situation by asking yourself:
   i. What am I feeling right now?
      - When have I felt this way before? (Try to access your earliest memory.)
      - Am I still upset with (the person or situation that was remembered)?

   If you *are* still upset about a previous scenario, then you could ask yourself:
      - Is this reaction/emotion serving me anymore?
      - Do I want to keep it?
      - Is there anything I need to know about this past situation in order to let it go?
      - What do I need in order to let this go?
      - What do I need to give myself in order to let this go now?

   Referring back now to the current situation, ask yourself:
   ii. Do I want to emotionally hurt this person or myself?
   iii. Do I want the situation to improve or get worse?
   iv. Is it in my best interest to express anger or to express love?

c) After completing the above steps, you'll likely come to the conclusion that it is in everyone's best interest to handle the situation in a mature way coming from a place of love. If you've reached this point, then go back to the situation and honestly and openly express yourself in a loving way. If you are still holding on to the anger, then you may want to seek out professional help to process your feelings. Please reach out to us for a complimentary consultation.