

Example

1. Recognize emotional pain

Upset and Hurting (While pain event is still fresh)

What happened? Be brief in your statement. (Perception)

My boyfriend/girlfriend broke up with me.

What thoughts did you direct towards yourself during the event? (Thoughts)

I'm not good enough for him/her.
I will never be able to maintain a relationship.
I will never find someone like him/her again.

What thoughts did you direct towards the event itself? (Thoughts)

When he/she told me he/she loved me it was a lie.
I just feel he/she was cheating on me or we would never have broken up.

What feelings did you experience? (One word descriptions)

sadness, despair, depression

What did you want to do? (Actions)

I wanted to find the person he/she cheated on me with and punch him/her in the face.
I wanted to burn all of the things he/she left at my house.

What did you do? (Actions)

I called my friends and told them how big of a jerk he/she was.
I called his/her friends and told them things he/she said about them in the past to ruin his/her relationships with them.

Rate this event on a scale from 1 – 10 7

2. Create favorable conditions to process in

Before attempting to process an event, make sure you are rested, fresh and not violating the H.A.L.T formula. Don't allow yourself to get too hungry, angry, lonely, or tired. Be sure you are in a comfortable place where it is quiet and you are not likely to be disturbed

3. Two attitudes: Humility and a Positive point of view

Check the “me” factor by using humility.

How could you have viewed the event in a more positive light? (Looking at the overall picture and things learned)

- I learned a lot from the relationship.
- Our personality types are not very compatible and I will be more careful choosing a person to date in the future.
- In reality, I wasn't very fond of him/her either and now I am able to leave my options open.
- Next time I will not jump into a relationship so quickly without considering all of my options.

4. Process with three skills: Accurate Thinking, Assertiveness and Listening

Accurate Thinking

How could you have been more accurate in your response? (Identify all negative thoughts, find the thinking errors that were used, and write accurate responses for each)

Negative Thought	Thinking Error	Accurate Thought
<u>A. I'm not good enough for him/her.</u>	<u>A. Polarized Thinking/ Poor Me Thinking</u>	<u>A. Just because he/she broke up with me does not mean I'm not good enough</u>
<u>B. I will never be able to maintain a relationship.</u>	<u>B. Overgeneralization/ Filtering</u>	<u>B. I have maintained lots of relationships in the past and am doing so currently as well.</u>
<u>C. I will never find someone like him/her again.</u>	<u>C. Overgeneralization/ Jumping to Conclusions</u>	<u>C. I might possibly find someone who is similar in personality and characteristics.</u>
<u>D. When he/she told me he/she loved me it was a nothing but a lie.</u>	<u>D. Mind Reading</u>	<u>D. I only focus on facts so I'm not aware of any lie.</u>
<u>E. I just feel he/she was cheating on me or we would never have broken up.</u>	<u>E. Emotional Reasoning</u>	<u>E. I have no facts that suggest he was cheating on me.</u>

Assertiveness

How could you have been more assertive? (Find your need. Then write an assertive response to get your need met, remembering the “you” rule)

Identify the need: 1. To understand why he/she broke up with me 2. To move on

Form an assertive statement: 1. I really enjoyed the relationship we had together and I need to get a better understanding of why it ended. Can we discuss this?

2. I enjoyed the relationship I had with him/her. I realize that we were not the most compatible for one another and now I'm free to find someone who is compatible with me.

Listening

What could you have done to improve your listening? (Put yourself in the other person's shoes and see it from his or her viewpoint)

- I know that we fought quite often and neither of us needed to stay in a relationship with someone we can't get along with.
- He/she is about to leave for college and I know that a long distance relationship is a tremendous struggle on top of school work and other activities.
- I understand that he/she may not have the time to devote to a relationship right now.

Be aware that the level of pain events processed should be in direct proportion to the level of attitude and skill development.