

## 1. Recognize emotional pain

Upset and Hurting (While pain event is still fresh)

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

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

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

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What feelings did you experience? (One word descriptions)

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What did you want to do? (Actions)

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What did you do? (Actions)

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Rate this event on a scale from 1 – 10 \_\_\_\_\_

## 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  **blessings, opportunities, benefits and wisdom** the event presented.)

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

#### 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 Thoughts	Thinking Errors	Accurate Thoughts
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#### 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**)

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#### Assertiveness

How could you have been more assertive? (Find **your need**. Then combine a **disarming statement** and **need statement** to get your need met while remembering the “**you**” rule)

Identify the need: \_\_\_\_\_

Form an assertive statement: \_\_\_\_\_

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