

5 Day Challenge:

Emotional Problem Solving

Day 1: Understanding emotional pains simply

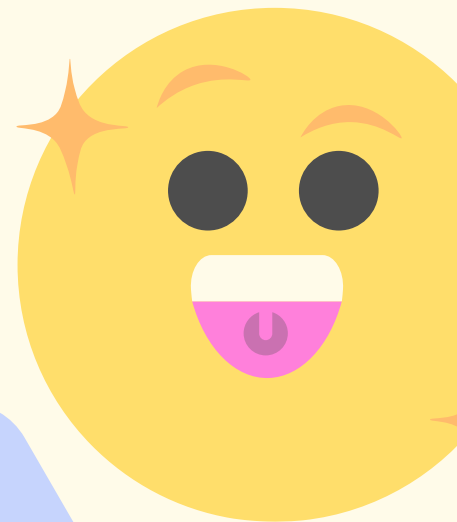
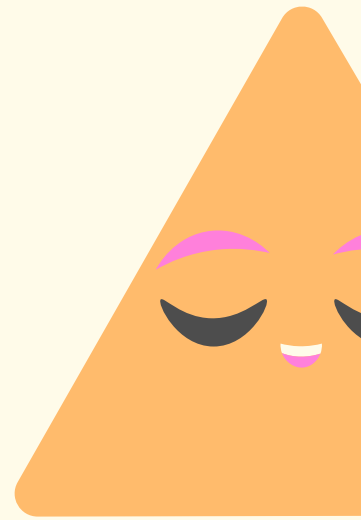
Day 2: A hack to unwind an emotional spiral

Day 3: A hack to solve an emotional problem

Day 4: How our principles lead to our problems

Day 5: My feelings vs. Their feelings

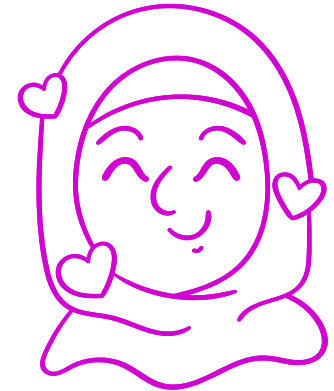
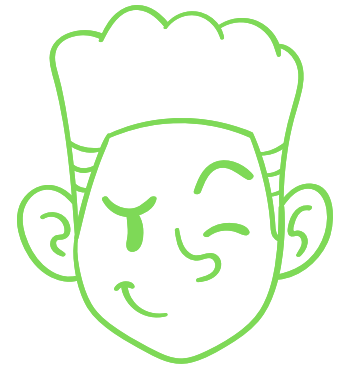
(boundaries + its impact)



Understanding our

EMOTIONS!

Learning about how we feel and coping towards opposite emotions:

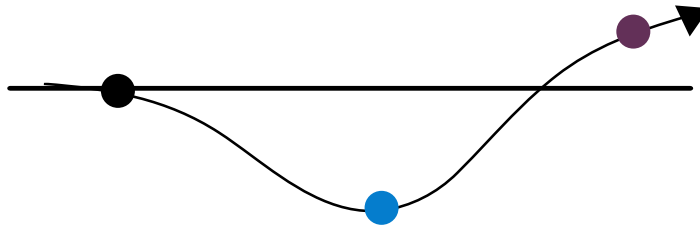


Sadness



I feel...

grief, sorrow,
hopeless, miserable,
bummed out,
broken hearted.



A song that matches your mood when you feel hopeless and miserable: _____

Things you find funny or amusing: _____

A song that makes you feel gitty and makes you wonder: _____

Joy



I feel...

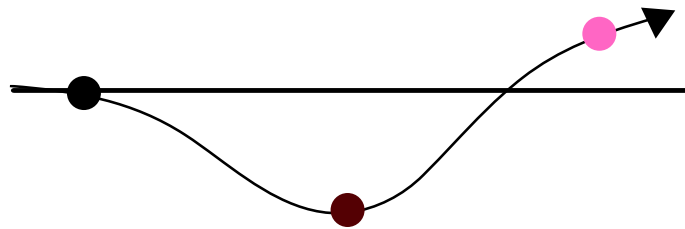
gitty, blissful,
cheerful, amused,
elated, glad,
delighted.

Hate



I feel...

Dislike, pain,
hostile, resentment,
disgust, scorn,
despise, contempt.

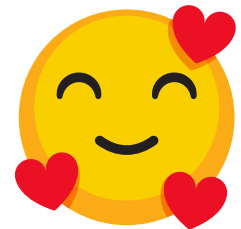


A song that matches your mood when you really dislike a thing and you want to act out: _____

Things you ALWAYS feel good about: _____

A song that makes you feel bubbly and cheerful: _____

Love



I feel...

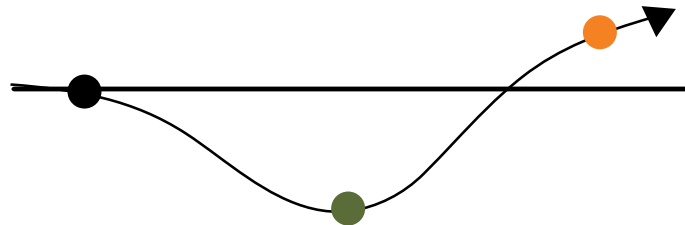
Admire, cherish,
treasure, hold dear,
delight in, fancy
go crazy about.

Shame



I feel...

Humiliated, smeared,
ridiculed, mortified,
degraded, cut down,
taken down a peg.



A song that matches your mood when you feel embarrassed or guilty: _____

Things you feel good about doing right: _____

A song that makes you feel happy and confident: _____

Pride



I feel...

Boast, delight,
dignity, satisfaction,
self-respect,
self-confidence.

Fear



I feel...

Alarm, angst, anxiety, concern, panic, uneasy, doubt, dread, worry.

A song that matches your mood when you feel anxious or worried: _____

Things you want to know more about: _____

A song that makes you feel brave and calm: _____

Hope



I feel...

Faith, promise, ambition, desire, belief, optimism, wish, confidence.

Alarm



I feel...

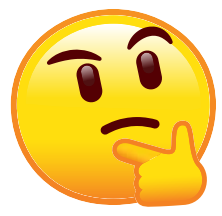
Uneasy, anxiety, panic, tension, stress, strain, distress, fright.

A song that matches your mood when you feel surprised or uncomfortable: _____

Things you want to know more about: _____

A song that makes you feel pumped up and excited: _____

Curiosity



I feel...

Inquisitive, interested, inspecting, asking, nosy, puzzled, searching.

Anger



I feel...

Furious, annoyed, outraged, irritated, impatient, hatred, having a temper.

A song that matches your mood when feeling annoyed or angry: _____

Things you are happy to have everyday: _____

A song that makes you think about something you care about: _____

Gratitude



I feel...

Grace, indebted, recognizing, praise, honored, thanks, appreciating.

Rule of 3's

Understanding Self-Care

Start with writing out the three emotions you are feeling about the situation then follow the arrows:

3 main emotions:

1. _____
2. _____
3. _____

Emotions affect thoughts.

Each emotion has 3 main thoughts:

1.A _____
1.B _____
1.C _____

2.A _____
2.B _____
2.C _____

3.A _____
3.B _____
3.C _____

Actions control emotions.

Each thought has 3 main actions:

1.A.i
1.A.ii
1.A.iii

1.B.i
1.B.ii
1.B.iii

Thoughts tell you more about what to do.

↪ continued on next page.

Rule of 3's

Understanding Self-Care

Page 2 of 2

Each thought has
3 main actions:
continued.

1.C.i

1.C.ii

1.C.iii

2.A.i

2.A.ii

2.A.iii

2.B.i

2.B.ii

2.B.iii

2.C.i

2.C.ii

2.C.iii

3.A.i

3.A.ii

3.A.iii

3.B.i

3.B.ii

3.B.iii

3.C.i

3.C.ii

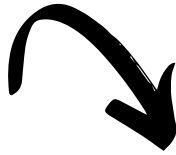
3.C.iii

Rule of 3's

when solving a problem

What are the problem's
3 main priorities

1. _____
2. _____
3. _____



What is the goal?

Each task has
3 main details

- 1.A.i.....
- 1.A.ii.....
- 1.A.iii.....

- 1.B.i.....
- 1.B.ii.....
- 1.B.iii.....

- 1.C.i.....
- 1.C.ii.....
- 1.C.iii.....

Each priority has
3 main tasks

1.A _____

1.B _____

1.C _____

2.A _____

2.B _____

2.C _____

3.A _____

3.B _____

3.C _____



continued on next page.

Rule of 3's

when solving a problem

Each task has
3 main details
continued.

2.A.i
2.A.ii
2.A.iii

2.B.i
2.B.ii
2.B.iii

2.C.i
2.C.ii
2.C.iii

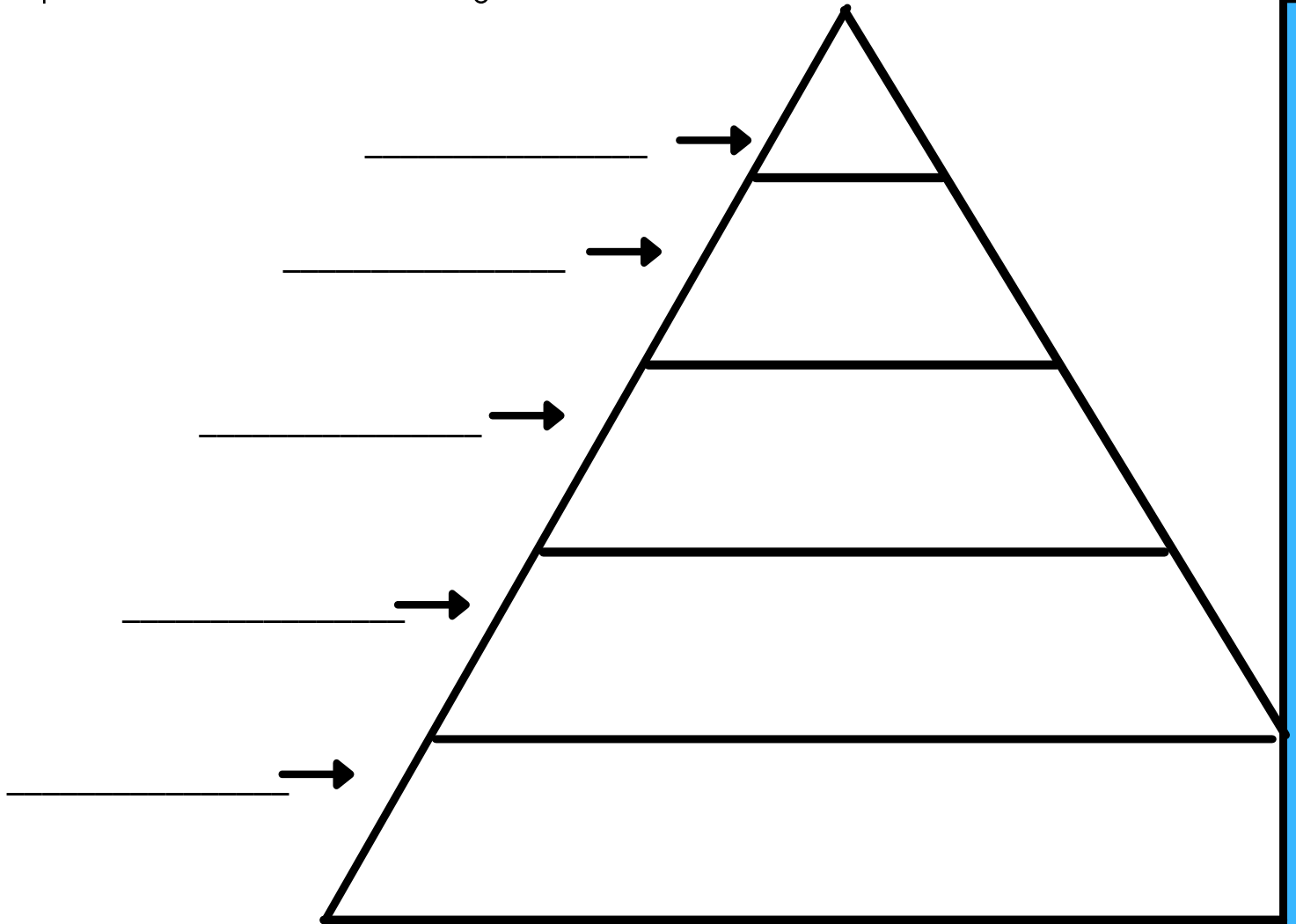
3.A.i
3.A.ii
3.A.iii

3.B.i
3.B.ii
3.B.iii

3.C.i
3.C.ii
3.C.iii

My Priorities Pyramid

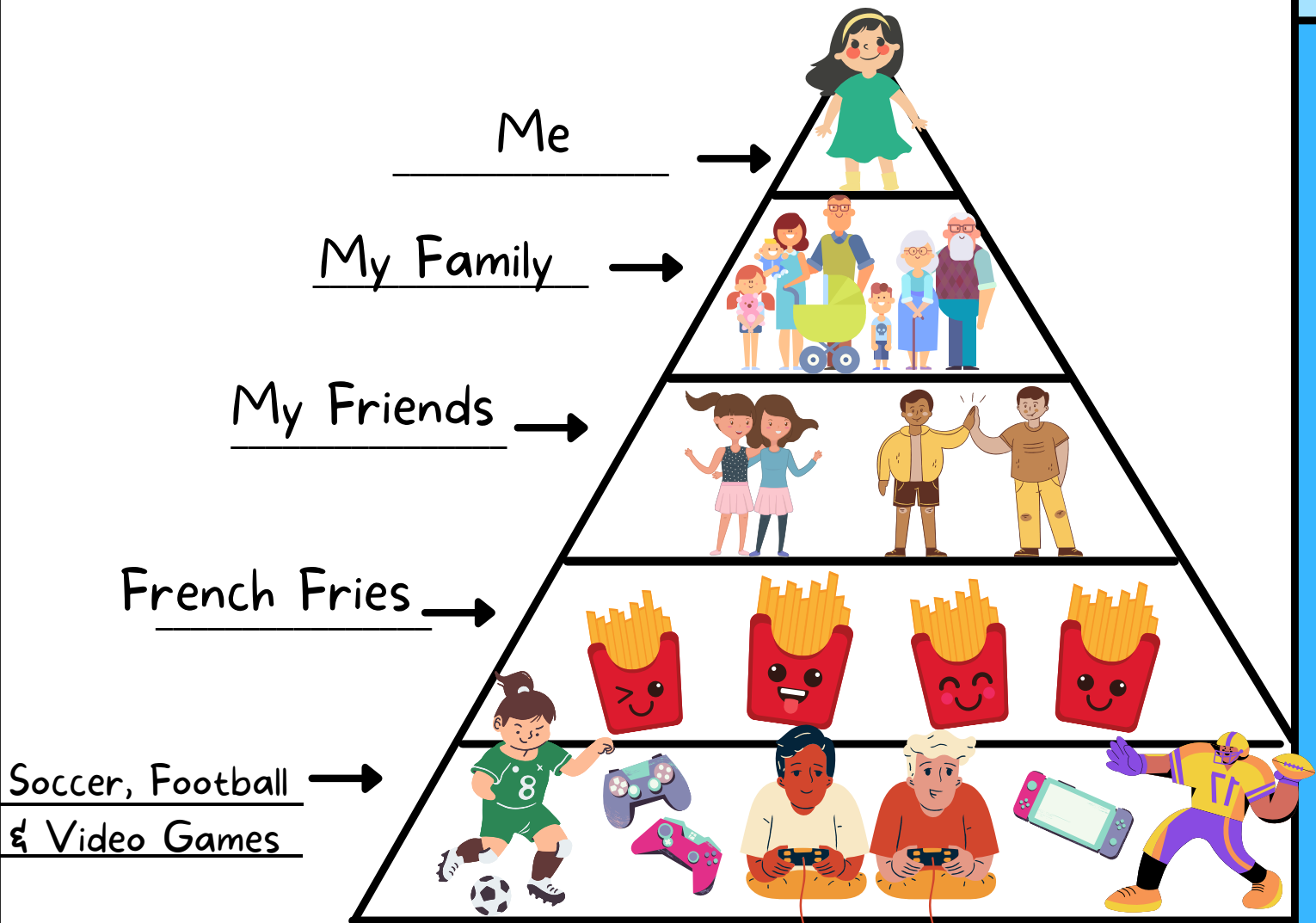
Your priorities are what you think is most important. The things you find most important get more attention, effort and love. Write the things that are important to you. Put things less important on the bottom and the one, most loved thing up top. Then draw the different things in the correct area:



Think about what you chose above. Do you give a lot of attention to your favorites and not enough to the others? When you pick a lower one over a higher one does it hurt you or help you?

The CREATE Pyramid

These are the priorities that we find most important at CREATE. We give these most important things more attention and love. Check out our Pyramid as an example:



Think about what you wrote above. Do you give a lot of attention to your favorites and not enough to others? How can that hurt or help the different things above it?

I spend a lot of time with my friends after school and have less time with my family or by myself. If I keep doing that I might not have enough time for soccer practice. I might not have enough time by myself so I won't decide my own interests or find new hobbies.

MY FEELINGS VS. THEIR FEELINGS



We will learn about feelings being separate in this activity. Use this worksheet to go over a recent problem or conflict that comes up. You can re-print this worksheet for future practice as well!

1.) What is the problem or conflict about? Be specific.

What are my feelings about it?

What are their feelings about it?

2.) What is the choice I am being asked to make?

3.) Why do they want me to make this choice? If they get their way, what will happen next?

4.) What choice do I want? If I get my way, what will happen next?