



Chapter 5 Home Practice

STOPP to be Skilful: Working with Feelings



115 **66** **STOP!** Give yourself **distance** from the situation by pausing. The mindful process illustrated in this flowchart is often done after the fact. It may be done alone, or by talking it out with someone you trust.

13 **17** **89** **TAKE A BREATH.** Come into the present. Where are you on the **Dial of Activation**? If outside the **Zone of Workability**, do a **DIAL Skill**, **grounding** skill, or other **self-care** skill.

6 **OBSERVE THE TRIANGLE, MINDFULLY AND WITH COMPASSION:**

- notice automatic thoughts
- notice automatic urges
- name the emotion: observe sensations, facial expressions, tone, posture

PERSPECTIVE USING CURIOSITY. Get distance and ask yourself: what message is the emotion signaling, and what may be helpful about its urge?

59 Spot what is valid about the emotion and related **thoughts** (the **kernels of truth**). "It makes sense that I feel this emotion because...". Notice if the emotion is primary or secondary.

130 **13** **PROCEED WITH CHOICE.** Choose to invite and allow **primary emotions** in the **Zone of Workability**. Be mindful of the emotion internally and notice bodily sensations. If helpful in the situation, express the emotion externally. If urges are in a helpful direction, act on them to respond effectively.

Chapter 5: EMOTIONS

EXAMPLE: The useful message of shame

S	Describe the situation.	A new friend asked what I do for work. When I said that I am on long-term disability for a health condition, he responded, "Must be nice to have it so easy and not have to work like the rest of us."
T	Take a breath.	Practice something for a few moments/minutes to help ground you and bring you into the present moment. If you are outside the Zone of Workability , give yourself time, do a DIAL Skill , or engage in self care until you are in the Zone of Workability .
O	What emotions did you feel? Circle the one you want to work with.	Shame Anger
	What were the associated bodily sensations, facial expressions, tone, posture, and/or gestures?	Warmth in face and chest, shaking hands, tightness in chest
	What urges were present (what did you feel like saying or doing)?	Urge to hide
	What thoughts or images were going through your mind?	I'm not enough. I'm going to be rejected.
P	What message is the emotion signalling? What parts of this are helpful/accurate in the moment? <i>"It makes sense that I feel this because..."</i>	It makes sense that my shame alarm is sounding to warn me that this person may reject me if I show them my authentic self. Shame tells me I don't feel safe to be vulnerable with this person.
	Spot the kernel of truth in thoughts, and step back from unhelpful interpretations.	Shame is telling me that this person is rejecting, NOT that I am not enough. I don't have it easy and I have value whether I formally work or not. This person doesn't understand my value. His rejection of me reflects his own inner world and has nothing to do with my worthiness.
	Which aspects of the urge(s) may be helpful? Which are unhelpful?	The urge to hide is helpful in that I do need to armour up when around him, because parts of me (especially the part that feels vulnerable) are not safe to share with him. My urge to hide could also be seen as an urge to find and spend time with healthier and safer friends.

P	Behaviour. If this has already occurred, what did you say or do?	n/a
	How would you choose to proceed? <ul style="list-style-type: none">• Allow the emotion mindfully.• Express it when and in as much as that is helpful.• If urges are towards a helpful direction, act on them. Problem solve the situation if possible.	<p>My shame alarm tells me it's not safe to share these parts of myself with this new friend. I will thank the emotion to allow it.</p> <p>I will decide to put my energy into spending time with people around whom I feel more safe and accepted.</p>
	Are there any secondary emotions?	n/a