



9 Tools to Deal
with Difficult
Feelings/Urges



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1.

Talk to yourself out loud when you're feeling uncomfortable. Keep ranting. What sensations are arising in your body?

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2.

Sit with the feelings for 15
minutes before thinking
about what you'll do next.
FEEL before you THINK.

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3.

Think, "What CAN I
control?"

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4.

Think, "How can I let this
be easy?"

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5.

Remember there's a gap
between stimulus and
response!

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6.

Feelings last 17 seconds, to
20 minutes, to 1-2 hours.
Let it flow through and
pass through you.

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7.

Tap your chest as you
repeat, "Peace. Begins.
With. Me."

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8.

Tell yourself, "I need to
FEEL it to HEAL it. This
is good detox."

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9.

Entertain "What if...?"
(positive possibilities)

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For more on your
healing /
empowerment
journey...



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