

# STEP-BY-STEP GUIDE TO RECOGNIZE, ACCEPT, AND EASILY LET GO OF UPSETTING SITUATIONS

BY CRISTINA COZZONE



**1 PAUSE AND BREATHE** ☆☆☆: TAKE A DEEP BREATH AND GIVE YOURSELF A MOMENT TO PAUSE. ALLOW YOURSELF TO ACKNOWLEDGE THE EMOTIONS YOU ARE EXPERIENCING WITHOUT JUDGMENT.

EXAMPLE 1: CLOSE YOUR EYES, TAKE A SLOW INHALE THROUGH YOUR NOSE, AND EXHALE DEEPLY.

EXAMPLE 2: PRACTICE A BRIEF MINDFULNESS EXERCISE, FOCUSING ON YOUR BREATH AND OBSERVING YOUR THOUGHTS WITHOUT GETTING CAUGHT UP IN THEM.

EXAMPLE 3: ENGAGE IN A CALMING ACTIVITY LIKE TAKING A WALK IN NATURE OR LISTENING TO SOOTHING MUSIC.

**2 IDENTIFY THE TRIGGERS** : REFLECT ON WHAT TRIGGERED THE UPSETTING SITUATION. IDENTIFY THE SPECIFIC EVENT, PERSON, OR CIRCUMSTANCE THAT CAUSED THE EMOTIONAL RESPONSE.

EXAMPLE 1: JOURNAL ABOUT THE SITUATION AND WRITE DOWN THE DETAILS OF WHAT HAPPENED AND HOW IT MADE YOU FEEL.

EXAMPLE 2: TALK TO A TRUSTED FRIEND OR FAMILY MEMBER ABOUT THE SITUATION AND SEEK THEIR PERSPECTIVE ON THE TRIGGERS INVOLVED.

EXAMPLE 3: USE A REFLECTIVE WORKSHEET OR APP THAT PROMPTS YOU TO ANALYZE THE SITUATION AND IDENTIFY THE KEY TRIGGERS THAT CONTRIBUTED TO YOUR EMOTIONAL RESPONSE.

**3 SELF-REFLECTION** : ENGAGE IN SELF-REFLECTION TO UNDERSTAND YOUR THOUGHTS AND FEELINGS ABOUT THE SITUATION. EXPLORE ANY UNDERLYING BELIEFS OR PATTERNS THAT MAY BE CONTRIBUTING TO YOUR REACTION.

- EXAMPLE 1: PRACTICE JOURNALING TO DELVE DEEPER INTO YOUR THOUGHTS AND EMOTIONS SURROUNDING THE UPSETTING SITUATION. ASK YOURSELF OPEN-ENDED QUESTIONS AND REFLECT ON YOUR RESPONSES.

- EXAMPLE 2: CONSIDER SEEKING PROFESSIONAL GUIDANCE, SUCH AS WORKING WITH A THERAPIST OR COACH, TO HELP YOU NAVIGATE YOUR THOUGHTS AND GAIN INSIGHTS INTO YOUR REACTIONS.

- EXAMPLE 3: ENGAGE IN INTROSPECTIVE PRACTICES LIKE MEDITATION OR MINDFULNESS TO CULTIVATE SELF-AWARENESS AND GAIN CLARITY ABOUT YOUR EMOTIONS AND THOUGHT PATTERNS.

**4 ACCEPTANCE AND NON-JUDGMENT** : PRACTICE ACCEPTANCE BY **\*\*ACKNOWLEDGING\*\*** THAT THE SITUATION HAS ALREADY OCCURRED AND CANNOT BE CHANGED. RELEASE ANY SELF-BLAME OR JUDGMENT ASSOCIATED WITH IT.

- EXAMPLE 1: REPEAT POSITIVE AFFIRMATIONS TO REMIND YOURSELF THAT IT'S OKAY TO FEEL THE WAY YOU DO AND THAT YOU ARE DESERVING OF SELF-COMPASSION.

- EXAMPLE 2: ENGAGE IN FORGIVENESS EXERCISES, BOTH TOWARDS YOURSELF AND OTHERS INVOLVED IN THE SITUATION, TO LET GO OF RESENTMENT OR NEGATIVE FEELINGS.

- EXAMPLE 3: SEEK SUPPORT FROM A COACH OR COUNSELOR WHO CAN HELP YOU WORK THROUGH ACCEPTANCE AND NON-JUDGMENT WITH PERSONALIZED GUIDANCE.

**5 RELEASE AND LET GO** : VISUALIZE THE EMOTIONS TIED TO THE UPSETTING SITUATION AS A PHYSICAL OBJECT OR BALLOON. WITH EACH EXHALE, **\*\*IMAGINE\*\*** RELEASING AND LETTING GO OF THAT OBJECT, ALLOWING IT TO FLOAT AWAY.

- EXAMPLE 1: PRACTICE DEEP BREATHING TECHNIQUES WHILE VISUALIZING THE RELEASE OF NEGATIVE EMOTIONS WITH EACH EXHALE.

- EXAMPLE 2: ENGAGE IN EXPRESSIVE ARTS SUCH AS PAINTING OR WRITING TO EXTERNALIZE YOUR EMOTIONS AND CREATE A SYMBOLIC REPRESENTATION OF LETTING GO.

- EXAMPLE 3: ENGAGE IN PHYSICAL ACTIVITIES LIKE YOGA OR DANCING, IMAGINING YOURSELF PHYSICALLY RELEASING AND LETTING GO OF THE EMOTIONS AS YOU MOVE.

**6 FOCUS ON THE PRESENT** ☆☆☆: SHIFT YOUR ATTENTION TO THE PRESENT MOMENT. ENGAGE IN ACTIVITIES THAT BRING YOU JOY, SUCH AS PRACTICING MINDFULNESS, ENGAGING IN HOBBIES, OR SPENDING TIME WITH LOVED ONES.

- EXAMPLE 1: PRACTICE MINDFULNESS BY ENGAGING YOUR SENSES IN THE PRESENT ATING THE BEAUTY OF NATURE.

- EXAMPLE 2: DEDICATE TIME TO ENGAGING IN HOBBIES OR ACTIVITIES THAT YOU FIND ENJOYABLE AND IMMERSIVE, SUCH AS PLAYING A MUSICAL INSTRUMENT, GARDENING, OR PAINTING.
- EXAMPLE 3: FOSTER MEANINGFUL CONNECTIONS WITH LOVED ONES BY SPENDING QUALITY TIME TOGETHER, ENGAGING IN HEARTFELT CONVERSATIONS, OR PARTICIPATING IN SHARED ACTIVITIES.

**7 SELF-CARE AND EMOTIONAL WELL-BEING** : PRIORITIZE SELF-CARE TO NURTURE YOUR EMOTIONAL WELL-BEING. ENGAGE IN ACTIVITIES THAT PROMOTE RELAXATION, SUCH AS EXERCISE, MEDITATION, JOURNALING, OR SEEKING SUPPORT FROM LOVED ONES OR A COACH.

EXAMPLE 1: ESTABLISH A SELF-CARE ROUTINE THAT INCLUDES ACTIVITIES LIKE TAKING WARM BATHS, PRACTICING YOGA, OR GOING FOR A PEACEFUL NATURE WALK.

EXAMPLE 2: SET ASIDE TIME FOR REGULAR MEDITATION OR MINDFULNESS PRACTICES TO CULTIVATE INNER PEACE AND EMOTIONAL WELL-BEING.

EXAMPLE 3: SEEK SUPPORT FROM LOVED ONES OR A COACH WHO CAN PROVIDE GUIDANCE, ACCOUNTABILITY, AND A SAFE SPACE FOR EMOTIONAL EXPRESSION AND GROWTH.

**8 GRATITUDE AND POSITIVITY** : CULTIVATE GRATITUDE BY FOCUSING ON THE POSITIVE ASPECTS OF YOUR LIFE. PRACTICE GRATITUDE EXERCISES OR KEEP A GRATITUDE JOURNAL TO SHIFT YOUR PERSPECTIVE AND PROMOTE INNER PEACE.

EXAMPLE 1: START A GRATITUDE JOURNAL AND WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR EACH DAY, FOCUSING ON BOTH BIG AND SMALL BLESSINGS.

EXAMPLE 2: PRACTICE EXPRESSING GRATITUDE DIRECTLY TO OTHERS BY SENDING THANK-YOU NOTES OR EXPRESSING APPRECIATION FOR THEIR PRESENCE IN YOUR LIFE.

EXAMPLE 3: ENGAGE IN GRATITUDE MEDITATION, WHERE YOU REFLECT ON THE THINGS YOU ARE GRATEFUL FOR AND ALLOW THE FEELINGS OF GRATITUDE TO FILL YOUR HEART.

BY INCORPORATING THESE PRACTICAL EXAMPLES INTO EACH STEP OF THE GUIDE, YOU CAN EFFECTIVELY RECOGNIZE, ACCEPT, AND EASILY LET GO OF UPSETTING SITUATIONS. EMBRACING INNER PEACE AND EMOTIONAL WELL-BEING WILL EMPOWER YOU TO NAVIGATE LIFE'S CHALLENGES WITH GRACE AND RESILIENCE. REMEMBER TO TAILOR THESE EXAMPLES TO SUIT YOUR INDIVIDUAL PREFERENCES AND NEEDS, AND EMBRACE THE JOURNEY OF SELF-DISCOVERY AND GROWTH ALONG THE WAY.