

MODULE FIVE

Regulate Emotions Worksheet Checklist

- Just Breathe (for 2 mins)
- Shame Crusher
- Trash Toxic Thoughts
- Train the Brain



Regulate Emotions

Just Breathe (for 2 mins)



Time for action: follow the list of instructions and reflect on your experience. Add this 2-minute breathing exercise to your daily routine.

1. Sit comfortably with your eyes closed.
2. Focus on your breath, just notice the inhale and the exhale.
3. Without trying to change it, notice if your breath is shallow or deep, slow or fast.
4. You may notice your mind wandering to other noises in the room or sensations within your body. When your mind wanders, acknowledge this thought (but do not evaluate it) and slowly bring it back to your breath.

What was this experience like for you?

Regulate Emotions

Shame Crusher



Shame can destroy any inclination to practice assertiveness as it will convince you that you are undeserving of having your needs met. Use this worksheet to explore and crush the shame that may be a barrier to the practice of assertiveness.

Think of a specific time when you felt a sense of shame (defective, unworthy as a person).	
What ideal identity was being threatened? Were there any “shoulds” or comparisons to others?	
What unwanted identity was being triggered?	
When you felt shame, what was your initial behavioural response?	
What emotions, expectations & beliefs were brought up for you?	
Identify someone you trust that you can share your experience with.	
The simple practice of sharing these experiences with one another can greatly reduce the negative impacts of shame and help you build shame resilience.	
Is there something preventing you from sharing your experience with someone else? Can you plan to take steps to share?	

Regulate Emotions

Trash Toxic Thoughts



Toxic thoughts repeat because we are typically focusing on things we can't control. Use this worksheet to get clear on what you need to accept and what you can take action on in order to reduce anxiety and perceived stress.

Toxic Thought:	
Is it true?	
Action this is what I need to action (thoughts and choices)	
What can I control here?	
Accept this is what I need to accept (other people's thoughts, feelings, choices)	
What is outside of my control?	

