



Week 4 Homework activity – Emotional dexterity

Part 1 – Reaction/Action

Watch for times when you are reactive this week, noting in your homework activity log one of those occasions and the action it led you to take.

Part 2 – What we think we will feel

Try to be aware as you can of how you are feeling this week, labeling them as you go. (Like anger, frustration, irritation, contentment, peaceful, etc.) Pick one of those feelings and trace it back to the thought that led to it. Once you have identified the thought, put some distance between you and the thought and consider it from all angles. Decide if you agree or disagree with the thought. Then ask yourself what you would like to feel about the situation. What would you have to think in order to feel that way? Then ask yourself what you would have to think in order to be able to feel that way.