

My Emotional Quotient Toolbox
for managing feelings and emotions
and preventing myself from getting very angry, worried or depressed

1. Distance

I distance myself from the onset of feeling by: counting to 10, taking 10 slow deep breaths, praying the Lord's Prayer, saying Psalm 23 or another scripture passage I have memorized, clenching and unclenching my fingers 10 times, actively switching my mind to think about my pet dog for 10 long seconds.....before responding.

2. Pray

I ask God to change me, and help me deal with the situation. After this I pray that God will change the situation. I am 80% of what is happening here, the problem is but 20%. How I respond is the key.

3. Move

I move myself out of the situation and use tools to calm down. Then I think through my response.

4. Go

I go to a favourite teacher, mentor or friend and share my anger/worry.

5. Sing

I sing to myself my song. I don't retaliate. I play my favorite music and wait.

6. Positive

I remind myself of 5 things I have done well or am good at. I remember my family and friends who expect me to respond with honour. I recall before God all that I am grateful for, like my health, my youth, my future, my friends, my church, my blessings, my favourite possessions, my best memories. I am not a loser or a victim. I am a winner in the game of life. This situation will pass, like all other awful things that have happened before.

7. Scale

I am asking myself, "Is this catastrophic? Does it merit maximum response? Is it really life threatening and that dreadful? Where on the scale of Catastrophe does this come and how mad/ worried do I *really* need to be? *

8. Confess

I confess over myself my favourite scriptures, e.g.

I, *Hayli*, can do all things through Christ who strengthens me. (Philippians 4:13)

I will never leave you or forsake you, *Hayli*. (Joshua 1:5)

The Lord will protect you from all evil, *Hayli*. (Psalm 121:7)

I, *Hayli*, am more than a conqueror in Christ Jesus. (Romans 8:37)

9. Forgive

I forgive, let go, restore, and give way so as to conquer, respond as a peacemaker, compromise, and apologize even if I don't feel like it or believe it at present. I don't have to win every argument, or defend myself against every slight.

10. Write

I write in my secret journal about the situation, I draw pictures, create paintings, play music and externalize my feelings so I can more safely review them and process my thoughts.

11. Play

I run, jump, skip, hit a ball, kick a ball, ride my bike fast, and shout till I release all the tension in a safe place.

12. Laugh

I laugh at myself getting all steamed up, I recall my favourite jokes, I watch *Mr. Bean* or *Faulty Towers* or whatever gives me release.

* Scale

very 80%
quite 50%
awful 40%
annoying 35%
embarrassing 30%
upset 20%

<u>catastrophe / anger / worry</u>	
Nuclear war	
Lose iPhone	
Shouted at by an adult	
Student cusses me	
Student pushes in line	
Most of class can do algebra	
Student pulls awful face at me	

My key understandings:

- Life is unfair; people will treat even best friends, and family members will treat me unfairly at times.
- It might rain on my parade...sometimes.
- I will not receive perfect justice till Jesus returns.
- I can't be perfect. I can however, do my best.
- I am independent and not a slave. I might want the approval of my friends and adults, but don't need it. God approves of me. He loves me extravagantly and is proud of me.
- I can handle criticism and rejection. God will never reject me.
- No pain no gain. Progress costs. I will experience frustration and boredom as well as setbacks. But I will deal with these and triumph.
- When somebody does something wrong to me they are not totally evil and so justifying retaliation and intolerance.
- God is using all things for good, (Romans 8:28); somehow this is going to shape my character and destiny for good. Remember that Joseph got a constant bad deal and ended up as PM of Egypt!

STOP - right here, right now

BREATHE - in deep, you know how

THINK - there's a better way

PRAY- in thanks for God's help today!