

# Feeling Your Feelings: Unhooking

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Coping Skills Class



# Feeling Your Feelings: What is it?

Feeling is a skill that helps us strike a balance between sticking and stuffing our feelings.

Sticking

Feeling

Stuffing

# Feeling Your Feelings: Stuffing

Sticking

Feeling

Stuffing

A relationship we can have with our emotions in which we do not recognize, validate, or allow them to exist, often causing them to build up in the background.



PUSHING AWAY  
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...  
IT CAN MAKE THINGS MORE DIFFICULT !

# Feeling Your Feelings: Sticking

Sticking

Feeling

Stuffing

Sticking is a relationship we can have with our emotions in which we are fused with thoughts and feelings, have trouble letting them go, and believe them to be true.



# Feeling Your Feelings: Feeling

Sticking

Feeling

Stuffing

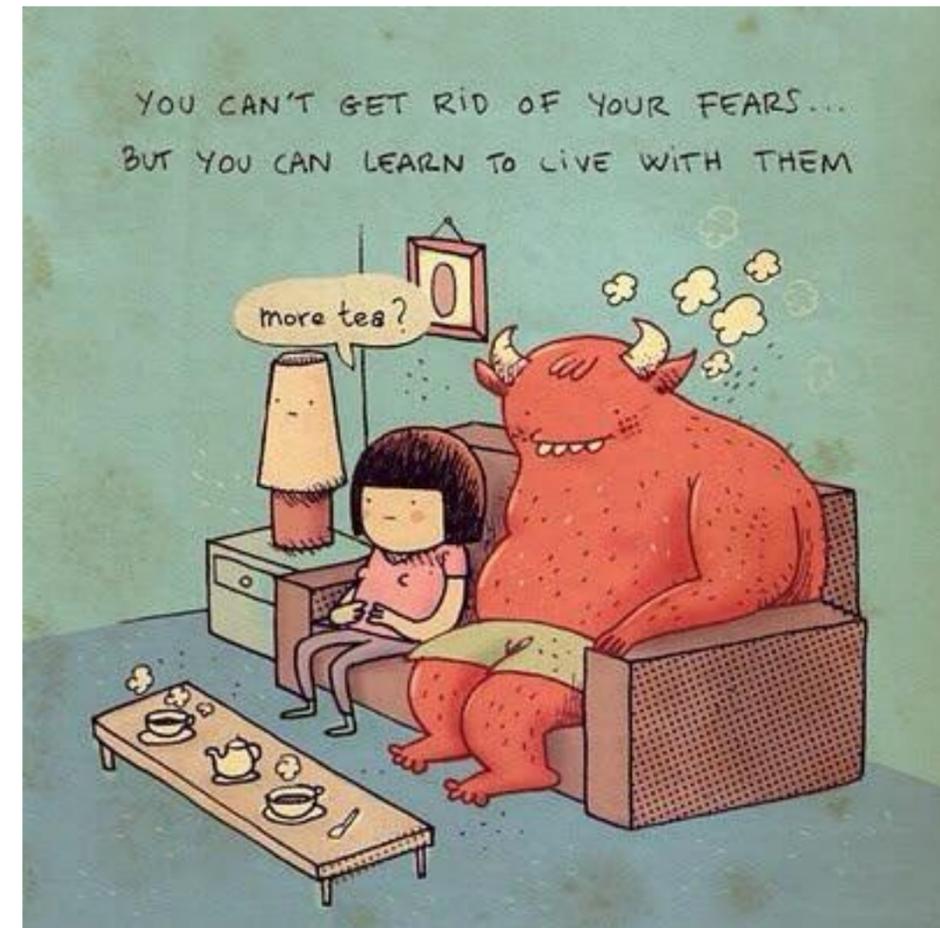
A relationship we can have with our emotions in which we accept them just as they are, without judgement, and with self-compassion.



YOU DON'T HAVE TO LIKE THEM OR WANT THEM..  
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING  
TO ALLOW THEM TO BE HERE...  
SO YOU CAN GET ON WITH  
WHAT TRULY MATTERS TO YOU ?



# The Choice Point

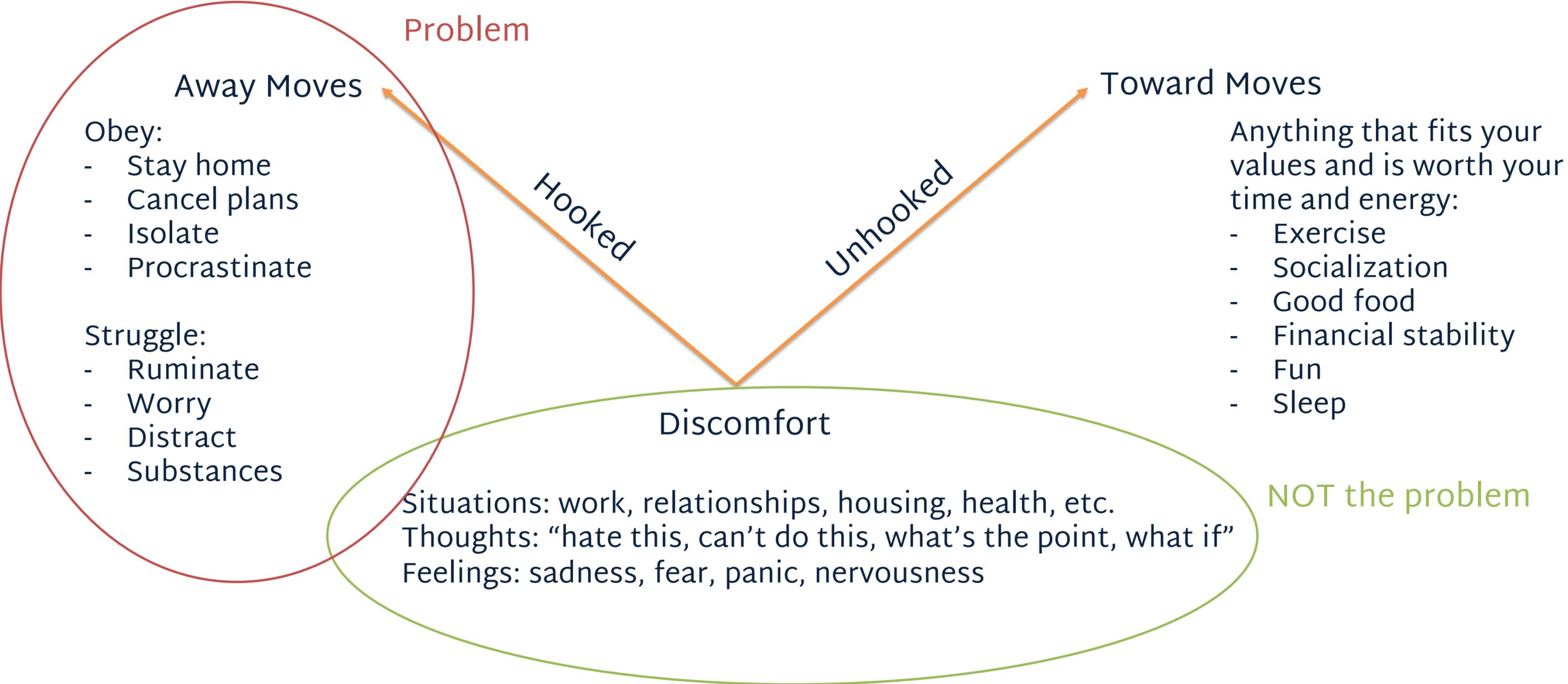
Away Moves

Toward Moves

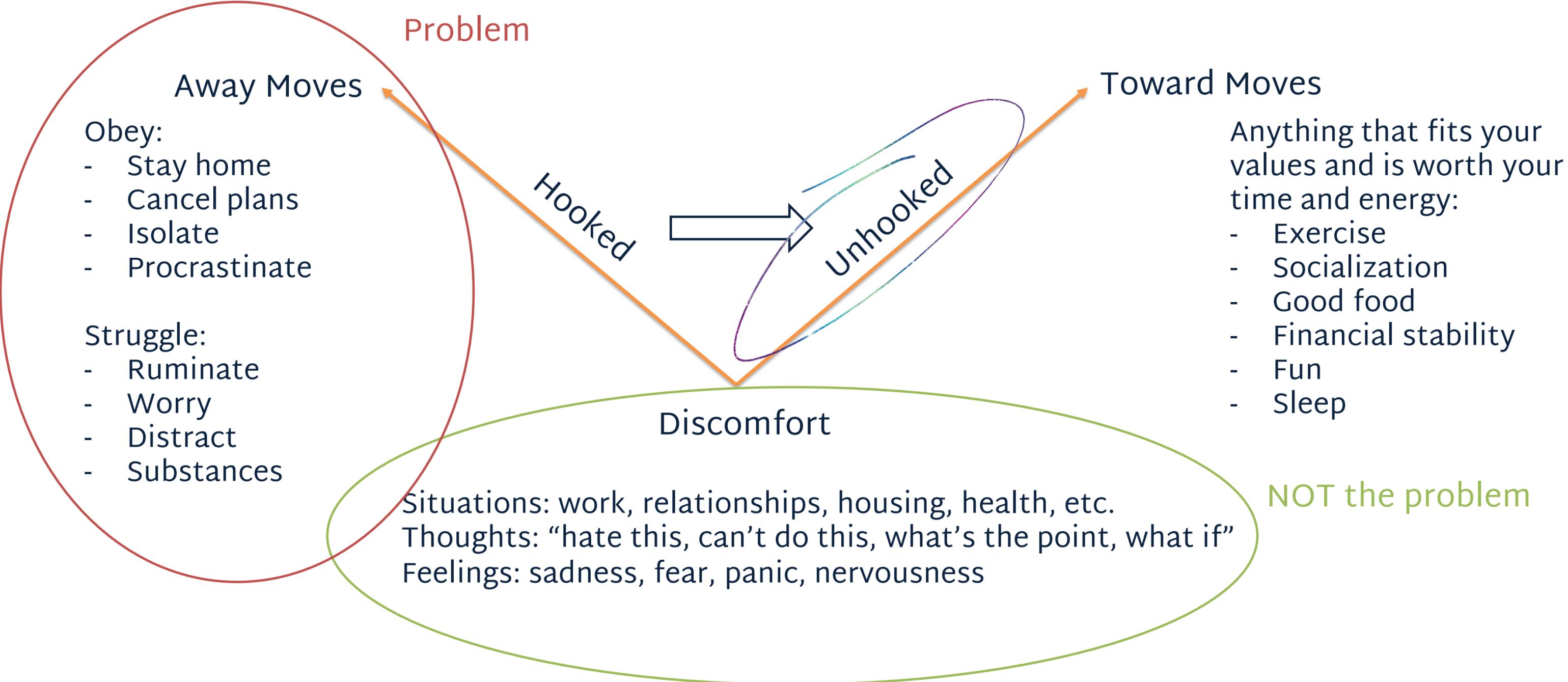
Discomfort

\*Moves are contextual. The same behavior could be an away move in one context and a toward move in another!

# The Choice Point



# The Choice Point



# Reflection

What are some away moves you find yourself making when struggling with discomfort?

How well do they work in the short-term? How about the long-term?

What have the away moves cost you?

What are some toward moves you find yourself making?

## Away Moves

### Obey:

- Stay home
- Cancel plans
- Isolate
- Procrastinate

### Struggle:

- Ruminates
- Worry
- Distract
- Substances

## Toward Moves

Anything that fits your values and is worth your time and energy:

- Exercise
- Socialization
- Good food
- Financial stability
- Fun
- Sleep

# The Story of the Mind

Think of the mind as the best storyteller in the world. It never runs out of material, it never runs out of energy, and it has the power to grip your full attention.

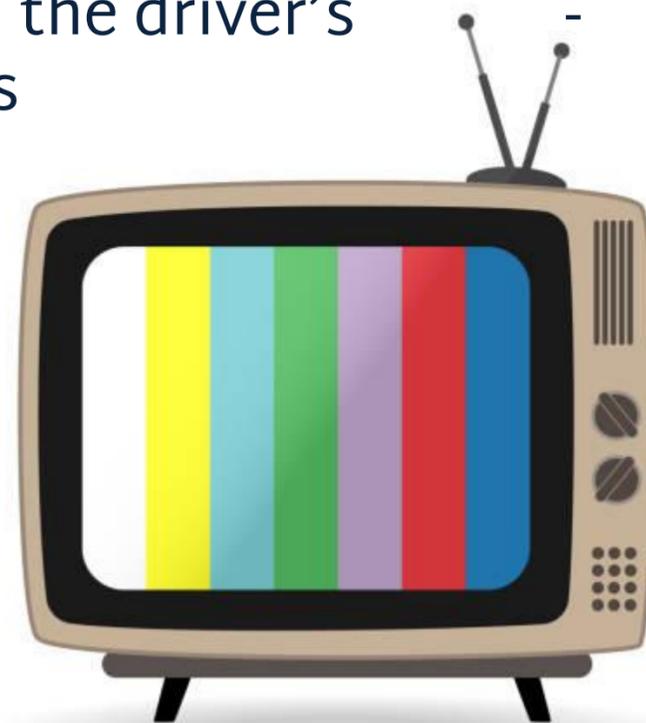
The stories the mind creates can be helpful or unhelpful. We get to decide.

## Hooked

- We are glued to the story
- The story is in control
- The story is dictating what moves me make
- Unhelpful stories that are in the driver's seat will choose away moves

## Unhooked

- The story still exists (not suppressed)
- We are in the driver's seat
- We decide whether the story is helpful for not
- We choose what toward moves we want to make



# Unhooking Strategies

These strategies do not attempt to ignore, silence, or suppress the story of the mind. They simply allow the story to exist without dictating our behavior. These strategies are designed to reduce the impact the story has on us.

**Awareness:** Maintain awareness of whether you are making an away move or toward move

**I'm noticing the thought:** "I notice I'm having the thought that..."

**Name the story:** "Here's the I'm not good enough story"

**Sing it:** Sing the unhelpful thought to a silly tune

**Cartoon voice:** Hear or say the unhelpful thought in a cartoon voice

**Write it out:** Write down the unhelpful thought in giant goofy letters

# Anchoring

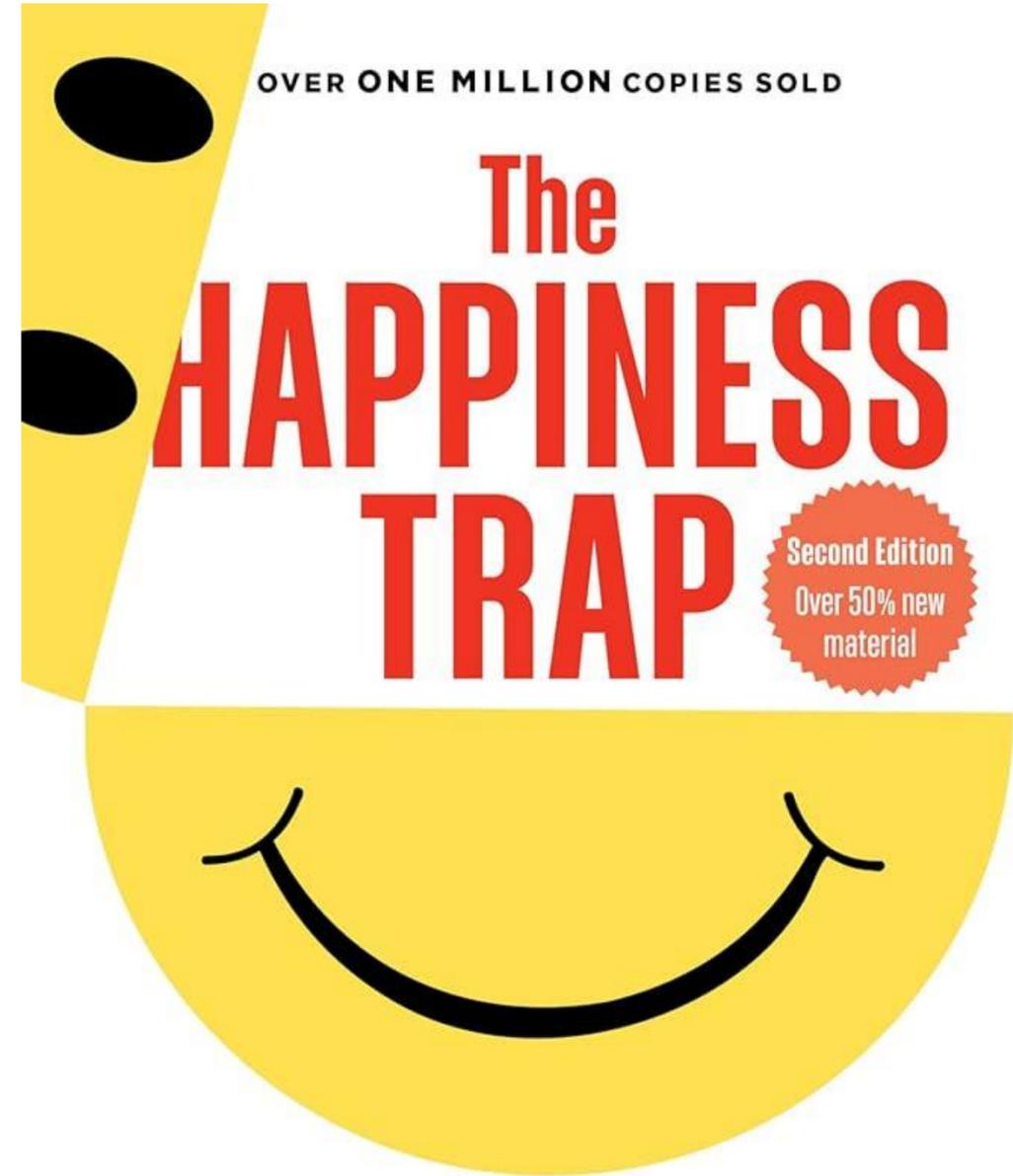
Dropping anchor is another skill to help you unhook from your thoughts, feelings, urges, etc. It switches off auto-pilot and gets you re-engaged in the present.

A: Acknowledge thoughts and feelings

C: Come back into your body

E: Engage in what you were doing

\*Repeat 3-4x



## How to Stop Struggling and Start Living

A guide to ACT: the mindfulness-based program for reducing stress and anxiety, overcoming depression, developing self-compassion, and creating a rich and meaningful life

**RUSS HARRIS**