

**Exercise: Is emotion control working?**

Spend a few minutes thinking about an issue you've struggled with for a long time (it could be something that you struggle with all the time or something that just keeps coming back up again and again). It might be about your health, maybe your family / friends, or work. Also write down how long you have been struggling with this. Write about this situation on the lines provided below. If you need more space, use another piece of paper:

---

---

---

---

---

---

---

---

---

---

If you haven't already, write about the emotions that occur in this situation that you find are difficult or distressing (i.e., sadness, anger, hurt, anxiety, fear).

---

---

---

What are some common thoughts that show up when you think about this situation? What emotions do you experience when you think these thoughts? It may be one thought or several thoughts that reoccur (i.e., I can't handle / stand this? Why is this happening to me? I'm a failure. Nothing goes right for me? What if I don't get passed this? etc.)

---

---

---

---

---