

# Being human means that we will have and need to navigate through difficult & painful thoughts and emotions



**Notice** and **Name** thoughts and emotions



Remind yourself that this is a **NORMAL** response to the situation you're in



## ASK YOURSELF:

what's behind these thoughts and emotions?  
what are they trying to tell me?  
what's the point of these thoughts and emotions?



## Regulate with a strategy

What can you do when these thoughts and emotions show up for you?  
Is it a short-term strategy?



## WHAT'S YOUR NEXT MOVE

What actions can you take that lead you to the things you want in your life?  
What actions align with your values?

