

## Activities on Managing Your Emotions

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It is a good idea to write about a good experience. It serves as an emotional anchor. Your memory can become a positive emotional reference point, to remind you of your range of possibilities when you are at your worst, feeling rotten and hopeless. When you describe a happy memory, you will be mentally reinforcing that memory so that it might occur to you later, in difficult times.

You can try the following exercise to access that anchor:

I remember a good feeling \_\_\_\_\_ [when].

I simply felt \_\_\_\_\_ [describe the feeling in a few words].

I was \_\_\_\_\_ [where], and I remember noticing  
\_\_\_\_\_ [something sensory].

It was a time in my life when I was doing \_\_\_\_\_  
[an activity or a general description].

I'll never forget \_\_\_\_\_ [people, weather, environment, etc.] around me.

**I'll never be right there again but I know I CAN feel that way again.**

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In another activity, readers learn to define their feelings even further by completing the following sentences for basic emotions: ***happiness, sadness, fear, longing and humiliation.***

If this feeling was a color, it would be \_\_\_\_\_

If this feeling was weather, it would be \_\_\_\_\_

If this feeling was a landscape, it would be \_\_\_\_\_

If this feeling was music, it would sound like \_\_\_\_\_

If this feeling was an object, it would be \_\_\_\_\_