

How My Negative Emotions Could Impact Upon My Negative Responses

To achieve the goals that you are wanting and effective/positive changes being made within your family unit, it's imperative that as adults, you look at yourself first and foremost. Therefore, taking time to identify and understand how your emotions can affect your responses is crucial towards strengthening any relationships. To start, you must learn to understand how your thoughts and feelings can affect the way you may respond to situations and others - The things you do and say. By reflecting on these key areas will help you to identify own areas of work needed, to be a part of this positive change that you require within your family, as well as to lead by example - promoting this effective life skill onto others members within.

Remember, this workbook is to help you to **REGAIN CONTROL & STRENGTHEN RELATIONSHIPS.**

Use the table below to give examples of how your thoughts and feelings may have affected your behaviour within different situations. The more you practice this exercise will enhance your ability to create a healthier approach in future.

My Situation	My Thoughts	My Feelings	My Behaviours
My child just upped and left this morning for school without even saying a 'hello' or 'goodbye.'	'What have I done wrong now?' 'Why are they mad at me?' 'I don't understand. Nothing has happened between us for them to ignore me. Has it?'	Hurt Sad Offended Fearful Anxious Angry	As I was on edge all day thinking about the reasons to why my child ignored me, left me not being able to concentrate at work. I was distant from my peers and friends, I was rude to my husband and I experienced high levels of anxiety all day, affecting both my mental and physical health. I then approached the conversation later that day in an aggressive manner.
<p>Outcome:</p> <p>My child forgot that they had to be in school early today and was extremely anxious over the thought of being late and getting told off. It was this that lead them to not even acknowledging me. My negative response later that evening caused my child to cry, and, resulted in us both feeling various other negative emotions.</p>		<p>Alterative Future Response:</p> <p>I am to be mindful that I am not aware of reasons to events that take place via another until I am given the reasons/evidence. Therefore, I am to focus on my day ahead as normal. This will be the best outcome for all concerned, and also, will be a huge part that I play in reducing any unnecessary conflicts & further distances. Instead, strengthen the relationships for us all to weep the rewards.</p>	

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