

MANAGE YOUR EMOTIONS: WORKSHEET



This exercise will help you recognize what triggers your negative emotions and behaviors, so you can be ready with a more helpful—or at least non-harmful—response. In the left-hand column, list everything you can think of that your partner does that pushes your buttons and makes you more likely to act on your negative emotions. Then, in the right-hand column, plan an alternative coping response. Choose one coping response to practice this week.

Trigger	Coping Response
<i>He comes home obviously under the influence.</i>	<i>This week, I will practice resisting the urge to talk to him when he comes home under the influence; instead, I will go to a place in our home where I don't see him and where I can focus on something else.</i>
<i>He ignores me/takes a really dismissive tone with me when I ask how his day went.</i>	<i>This week, I will go in my room, relax, and tell myself I can talk to him more effectively tomorrow when I'm calmer.</i>
Your ideas:	

