

The logo features a light blue circle partially overlapping an orange circle, with a cluster of small orange dots to the right. Below this is a horizontal bar with a blue-to-orange gradient.

Emotion Restructuring Training

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Step 1

What is your primary painful feeling in your body? Allow it to come up and welcome it.

- How intense is it now? (1-10)

What are you feeling in your body?

Step 2

What are the destructive voices, the negative thoughts or beliefs in your head that accompany the painful feeling?

- Identify the feeling tone of these voices (usually contempt or hostility).

Where do these voices come from?

What are your negative thoughts? List them here.

Step 3

What is the basic need, goal, or concern embedded in your painful emotion? Let your need oppose your maladaptive feeling and belief.*

My need is _____ (identify your need)

I deserved to be _____ (loved , accepted , protected , valued)

* **Note:** It isn't possible to feel deserving of your adaptive need (I needed and deserved to be loved, accepted, valued) and to maintain your destructive voice (you are unlovable, defective, worthless) at the same time . So, your need actually implicitly undoes both your maladaptive belief and generates a new feeling of anger, sadness, or compassion that your need was not met.

Step 4

What else are you feeling now that you have experienced feeling your need. Note how this feeling differs from the predominant bad feeling. Identify an alternate adaptive emotion like empowered anger or grief and compassion for what you deserved but didn't get. These are your internal resources. Imagine one of these helpful feelings. How can you evoke this feeling? Imagine a situation in which you experienced this feeling. Try entering this situation or feeling emotionally. What's it like in your body?

Step 5

Bring your healthy feelings and needs into contact with your painful state. Let them transform it.

- Combat your destructive thoughts with your new feelings and needs.
- How can you integrate your strengths and resources to change your painful feelings?

- How can you continue to support yourself?
 - What changes?
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