

Paying Attention to Your Feelings

“Most of the time I’m fine, but I go from zero to 100 so fast when I get angry!”

- Many people believe that their strong feelings come on suddenly, out of nowhere
- Strong, explosive or overwhelming feelings are noticed because your body is forcing you to notice them
- Usually, there are red flags – smaller scale feelings that go undetected
- Sometimes, strong feelings are brought on by events in your life or in the world around you
- Strong, uncontrolled feelings can have the power to take over your sense of self-control, making them play a key role in relapse

What can you do to prevent your feelings from getting out of control?

CARE

- **C**heck-in –Check in with yourself throughout the day, not just when you are overwhelmed (by then it’s too late!).
- **A**ssess - Ask yourself, “What am I feeling?” Sometimes it is helpful to write down a list of all the feelings you think you are feeling. If you aren’t sure, look at a list of options.
- **R**ate –On a scale of 1 to 10, how strong is the feeling?
- **E**valuate – What events contributed to this feeling? What is making the feeling get stronger? Is there something I can do to re-gain or maintain control of this feeling?

Questions:

- How were you personally impacted by this week’s Boston Marathon tragedy? What feelings came up for you?
- How quickly do you notice what you are feeling? What are your red flags?
- Are there certain behaviors that you know make your feelings escalate? Are there behaviors that help you keep your feelings under control?
- Share about a time when you went through a relapse. How much did out of control or overwhelming feelings play a role?

Are You AWARE of How You Are Feeling Now?

