



## Take Charge of Your Emotional Health: A No Nonsense Approach

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This worksheet will encourage you to understand, recognize, and take charge of your pain-body and, in turn, your emotional health.

Identify two or three times your pain-body was triggered in the past day or two. How did you feel?

Upon reflection, can you identify what event triggered your pain-body?

What undesirable behaviors did you exhibit? (You acted out of character, overreacted, provoked someone, were overly opinionated, etc.)



Identify a few habitual thoughts you have that may be triggering your pain-body. (i.e., jumping to conclusions, catastrophizing problems, comparing yourself to others, etc.)



Now, identify a few ways that these habitual thoughts are feeding your pain-body.



With this in mind, how could you reword your habitual thoughts so that you are no longer identifying with them (i.e. you're separating yourself from your pain-body). An example would be, instead of saying "I am anxious" you would say "I am experiencing anxiety."



Identify a few negative stories you've created about yourself. (I'm not strong enough; I have nothing of value to add; etc.)



Now, identify a few ways these stories are feeding your pain-body and/or affecting your perception of reality.



You guessed it -- how could you reword those stories so that you're no longer identifying with them?

You've just practiced acknowledging your feelings, recognizing your pain-body, and taking charge of it by separating it from your identity. So, how do you feel?

Accept these feeling and let your body process them.

**You've just taken charge of your emotional health!**

Reach out if I can offer any other inspiration, advice, or encouragement.

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