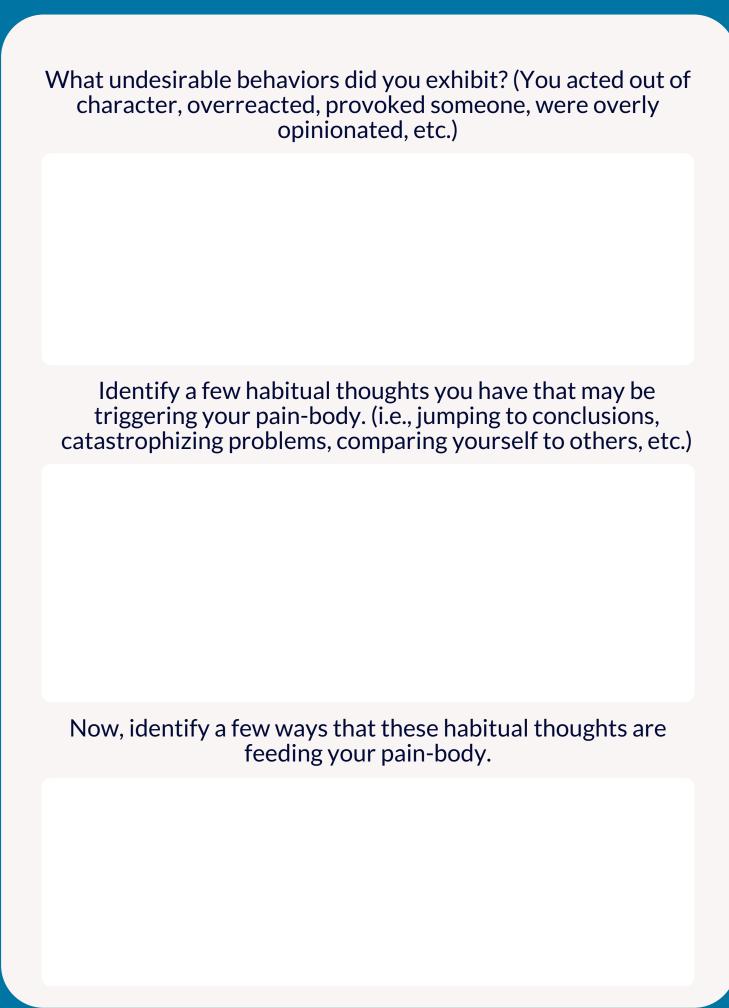


Take Charge of Your Emotional Health: A No Nonsense Approach

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?



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 painbody 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.

amanda@theexpectationgaps.com

If you think this worksheet will be a valuable resource for you, please consider supporting us for as little as \$1 by "buying me a coffee" on Ko-Fi:

https://ko-fi.com/theexpectationgaps

Your support will help us remain ad-free and help us support mental health awareness.