

## Applying Emotional Management Skills



### the goal

Knowing how to calm down, knowing how to cope with stress, and knowing how to manage anger are all great skills, but are useless if not applied. The students need to learn how and when to apply the skills in a situation that can cause an emotional response. They need to understand how to manage emotions and to practice this skill daily.

### the objective



This exercise will help the students identify times in their daily life when they will need to be prepared to use their skills to control their emotions.

## exercise

- 1 Ask the students to think about and share the times and places in their lives that cause emotional reactions. Examples can include things such as being excited at a sports game or happy on their birthday to sad when visiting a sick relative. Help the students think about times when they feel intense emotions.
- 2 After the students identify the areas that are often associated with emotional reactions, ask them to identify at least one person or thing that causes the following emotional reactions most:
  - Anger
  - Envy
  - Love
  - Hatred
  - Happiness
  - Sadness
  - Excitement

- 3 Now ask the students to identify which of the emotions listed above tend to be associated with the people and places below:
  - Home
  - Friends
  - School
  - Work
  - Other places relevant to the students like church, scouts, soccer field, etc.
- 4 Help the students identify the people that tend to cause the emotional reactions, and help identify the places where these reactions tend to occur.
- 5 Explain to the students that the best way to prevent and manage emotional responses is to practice the skills necessary to calm down, control their feelings, and make decisions based upon rational thought, not emotional reaction.
- 6 Tell the students it is also important to know when and where they are most likely to be vulnerable to an emotional reaction. For example, if there is someone the students do not like and with whom they are always getting angry, it's important to avoid that person and avoid a situation that could become embarrassing or problematic.
- 7 Ask the students to look back at the identified people and the emotions associated with that person.
- 8 Help the students develop a plan to minimize the inappropriate emotional reactions they may have.
- 9 Define what brings about the emotional response, the behaviors that tend to be associated with the emotion, and what the students can do to better act and react to this person.

10 After addressing the people on the list, ask the students to look back at the places on the list and the emotions associated with these places. Help the students define what it is about these places that bring about these emotional reactions. Help the students identify how to better prepare for being in these places to prevent any inappropriate emotional reactions they have listed.

11 After this exercise, point out that the students have shown the ability to identify potentially problematic people and places, and have the ability to determine appropriate actions and reactions. Now it is important to put these skills into action.

12 Explain that the students have an obligation to themselves to know when and where and with whom emotional reactions are likely.

13 Discuss the different ways the students can either avoid or deal with the people and places that bring about an emotional reaction. Talk about different ways the students deal with these people and places, and help them develop a specific plan for dealing with the people and places on the list.

### summary

Everyone deals with certain people and places that bring about detrimental emotional reactions. The students need to learn how to identify the people and places that are problematic and develop game plans on how to deal with each. They then need to learn how to take these skills and apply them to other people and places as the need arises.

## and hints

outcomes



As the students begin thinking of the different things in their life that bring about emotional reactions, help by sharing a personal example.

As the students identify people that bring about emotional reactions, ask them to define the characteristics of this person that bring about the reaction. Look for commonalities and trends between the different people that bring about reactions.

As you help the students develop specific plans for using emotional control techniques, talk about how these plans can be generalized to other people and places as well.

talking

## points

- Reassure the students that everyone deals with emotional responses to different people and places.
- Talk with the students about specific times when they were overcome with an emotion. Use this as a building block to find examples for the other emotions listed.
- As the students work through a specific plan for dealing with specific people and places, talk with the students about the desired outcome of each and whether or not the plan will achieve that outcome.



probing



## questions

- Have you ever known anyone that made you mad almost every time you were around them ? Who ? What was it about them that brought about these feelings of anger ?
- How do you deal with your feelings when you are feeling either really mad or really sad ?
- What will happen if you let your emotions overwhelm you and you begin reacting emotionally to everything ?



## Skills Lesson Recap



### the goal

Knowing how to calm down, how to cope with stress, and how to manage anger are all great skills, but useless if not applied. This exercise has trained you on how and when to apply the skills you know when you are in a situation that can cause an emotional response. You need to understand how to manage your emotions and to practice this skill daily.

### exercise key points

- You have identified specific areas within your own life that have caused you to react emotionally often resulting in negative outcomes, rather than being able to deal with the circumstances more appropriately by taking a step back and concentrating on controlling those emotions.
- You have identified people and things that contribute to certain emotions such as anger and happiness, additionally you have identified the places where these emotions tend to occur.
- You developed a plan to minimize the inappropriate emotional reactions that are often associated with certain people and places identified earlier in the exercise.
- You discussed different options of avoiding or dealing with those people and places that often provoke you to make decisions based solely on emotional and irrational thoughts.

### consequence of not

Failing to not only identify the people and places that bring about emotional responses from you, but also your inability to plan for and deal with those circumstances will continually lead you to bad decision making when faced with difficult situations.

using this skill



benefits

### of using this skill

By consistently using the skill taught within this exercise you now are able to properly identify the circumstances under which you most often lose control of your emotions, enabling you to be better prepared to deal with the event or avoid it altogether.

## Applying Emotional Management Skills

What areas of your life cause emotional reactions (as opposed to thinking through a response) and produce negative outcomes? \_\_\_\_\_

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First, identify 1 person or thing that causes the following emotional reactions.  
Then, identify the places where these same emotions typically occur.

EMOTION	PERSON OR THING?	PLACES (i.e. home, school, work, other places)
anger		
envy		
love		
hate		
happiness		
sadness		
excitement		

What are some techniques you can use to control your emotions with the people and in the places that cause you the biggest problems in controlling your emotions so that you can give yourself time to think through your reaction?

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### Thought questions:

Have you ever known anyone that made you mad almost every time you were around him or her? Who? What was it about them that brought about these feelings of anger?

How do you deal with your feelings when you are feeling either really mad or really sad?

What will happen if you let your emotions overwhelm you and you begin reacting emotionally to everything?

Student: \_\_\_\_\_ Facilitator: \_\_\_\_\_ Date: \_\_\_\_\_