

## Mentoring Themes – Dealing with Emotions

Theme	Goal Setting
<b>Objective</b>	<ul style="list-style-type: none"> <li>The teen develops this essential life skill by exploring 1 or 2 emotions, something that is causing stress or is dysfunctional in their life (not helping them move toward their goals).</li> </ul>
<b>Guidance to Mentor</b>	<ul style="list-style-type: none"> <li>This is a mandatory month _ theme.</li> </ul>
<b>Skill Definition</b>	<ul style="list-style-type: none"> <li>I can identify the emotions that I feel and the “triggers” that cause them.</li> <li>I can respond to the emotions I feel with productive behaviors (rather than react).</li> </ul>
<b>Mentor Reading</b>	<ul style="list-style-type: none"> <li>Familiarize yourself with the <a href="#">LSN Wiki Page on Dealing with Emotions</a>. Choose some of this content to guide discussions.</li> </ul>
<b>Mentee Reading</b>	<ul style="list-style-type: none"> <li>Use the One-Point Lesson included below (Identify Your Emotion – Respond Productively).</li> </ul>
<b>Mentee Worksheet</b>	<ul style="list-style-type: none"> <li>Triggers Exercise. This may be too advanced for some.</li> </ul>
<b>Suggested Discussions</b>	<p>The following are starter questions, each for a different weekly meeting.</p> <ul style="list-style-type: none"> <li>What does the One-Point Lesson mean to you?</li> <li>What emotions have you been feeling lately?</li> <li>What is that emotion telling you to do?</li> <li>What is the difference between reacting and responding?</li> <li>What are triggers? What are your triggers?</li> </ul>
<b>Questions for Critical Thinking</b>	<ul style="list-style-type: none"> <li>If life was devoid of emotion, what would it be like?</li> <li>Why do you assign “positive” or negative” when you talk about your emotions? Can a negative emotion be positive?</li> <li>What beliefs do you have that cause this emotion? Can you think of a positive belief to replace a negative one?</li> </ul>

## Triggers Exercise

Emotional triggers consist of thoughts, feelings, and events that seem to “trigger” an automatic response from us. Use this exercise to identify dysfunctional triggers (those that keep us from accomplishing our purpose or goals).

Triggers (person, event or thing)	Emotion & Behaviors (how we react)	Underlying Need (what value is not met)	Memories (my earliest memory)
<u>Example 1:</u> My teacher critiques my proposal.	I feel immediately <u>defensive</u> and attacked by him. I am angry but try not to show it.	Respect. I want to be heard.	My father is overly critical of my homework and never praises me for doing it well.
<u>Example 2:</u> My best friend just told me he is dating my girlfriend.	I am visibly <u>angry</u> and yell back at him that he has betrayed me.	Love and friendship.	My parents got divorced and I remember how painful that was.

*If you find yourself “triggered”, count to 10 or take a deep breath to allow your adult brain to kick in. Respond rather than react.*

# Dealing With Emotions

## Identify Your Emotion



Image Source: <http://bravonatalis.wordpress.com/2013/06/10/can-you-feel-that-color/>

## Respond Productively

Embrace the emotion  
(learn & grow from it)

Journal/talk with a friend

Take a deep breath/count to  
10/exercise

Use assertive behavior  
(not aggressive)

Understand our beliefs and  
triggers then reshape them