

# EMOTIONAL RESOURCE

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## 6.1 FUTURE EMOTION GOALS

At this stage in the programme you are hopefully feeling like you have a better understanding of the emotional reactions that cause problems for you. You will also hopefully have some idea of the different resources that might help you start to change this, and perhaps you've even had some success using them in a trigger experiment. At this stage it is important to start thinking about what comes next, and how you plan to keep using these resources to continue changing your emotional reactions after the end of the group.

The **Future Emotion Goals Worksheet** is designed to help you think about your next steps. It should help you think about what you're working towards in the longer-term, what you have learned that might be useful, and what the next few steps will be. Once you have identified your goals and you have a sense of what resources might be useful, you are able to create a plan involving a few steps. Each of these steps is a separate trigger experiment that helps you get closer to your long-term goal. Remember, while you might achieve some of these goals easily and quickly, most will be longer-term. Without a longer-term plan like this, it is more than likely that your old reactions will re-assert themselves and the changes you have been working on will fade away over time. The instructions overleaf will help you complete the worksheet and develop some emotion goals.

## Future Emotion Goals - Instructions

The tips below should help you complete a personal Emotion Goal Worksheet:

### Emotion Goal(s)

- What is it you are working towards?
- What has your emotional reaction prevented you from being able to do up until this point?
- What would you like to be able to do or achieve, that would make a real difference to your quality of life?
- It's fine for an emotion goal to be more general, but it should be something that you can say you have achieved.

### Emotional obstacles

- What aspects of your emotional reaction(s) might get in the way of you achieving this?
- How are you likely to think, feel and react?
- Are there any other emotional reactions that might interfere with your ability to work on this one?
- Try to be realistic about the obstacles you might come up against

### Emotional resources

- What have you learned so far that could help with this?
- Think about what has worked well for you and what you are confident in using.
- Think about what might work well for you, but needs a bit more practice.

### Next steps

- What specific situations or events could help you work on this bigger goal?
- Try to be as specific as you can here.
- Think about each step as an individual trigger experiment, you can then use your trigger experiment worksheet to plan for it.

Try to remember that what we have covered in the program up until this point is what we want to put into practice here. The key point is to put it all together and work towards something that is important to you as a longer-term goal. Without one, it is more than likely that old reactions will resurface.

## Future Emotion Goals Worksheet

**Emotion Goals:** What are you trying to work towards in the next few months? What have your emotional reactions prevented you from achieving or doing up until now?

*I want to be able to go to public places and feel okay there.*

**Emotional Obstacles:** What might get in the way of achieving this?

*I will be afraid*

*I will think people are going to hurt me*

*I will want to escape if I get overwhelmed*

*I will want to avoid being in situations like this*

**Emotional Resources:** What resources can you use to manage these obstacles?

*Breathing*

*Grounding*

*Distraction*

*Questioning emotions*

*Safe Space Imagery*

**Next Steps:** What are some Trigger Experiment situations that can help you work towards your goals?

- 1. Going to the supermarket alone*
- 2. Going to a concert with friends*
- 3. Going into town alone*

## Future Emotion Goals Worksheet

**Emotion Goals:** What are you trying to work towards in the next few months? What have your emotional reactions prevented you from achieving or doing up until now?

**Emotional Obstacles:** What might get in the way of achieving this?

**Emotional Resources:** What resources can you use to manage these obstacles?

**Next Steps:** What are some Trigger Experiment situations that can help you work towards your goals?

1.

2.

3.