



MODULE 2 WORKSHEET | DRAWING YOUR ATTENTION

Many people believe that there is nothing they can do about their emotional responses particularly during a challenging situation. This belief can leave you feeling powerless and can make motivating yourself to tackle an unhelpful emotion much harder. Challenging situations can often bring about negative emotions or reactions. However, this does not mean that your emotional responses cannot be redirected. It is important to know that we can learn to attend to our emotions in more helpful ways – you just need a little time and the right tools to help you learn how to manage it.

1. You are in a traffic jam. You are irritable and feel yourself getting angry. Based on the attention stage of emotion regulation, what could you do to make yourself less angry?

- a. By focusing on specifically how your body feels when irritable.
- b. By finding something positive or calming around you to focus on.
- c. By engaging in a few minutes of slow controlled breathing.
- d. Both b and c.
- e. By road raging at the next person to merge in front of you.

2. List three situations which make you feel distressed or overwhelmed.



3. For each of these situations, how would you have liked to feel?

4. For each of these situations, identify a helpful way in which you could redirect your attention to make you feel less like your initially stated emotion, and more like your preferred emotion.

5. Find a spare five minutes in your day to practice the [attention training activity](#) in Part 2.4. What did you think of this activity?

When distressed, gently redirecting your attention to the task at hand can often get you back on track.

