Mile Marker 3 Learning Opportunity

In Mile Marker 1 you identified the feelings you’d like less of in your life. Now let’s take the next step. Refer back to Mile Marker 1. Write down each of the feelings you want less of down in column “C.” Next, in column “A” write a very brief but accurate description of the specific event(s)/circumstance(s) that seem to set off the feelings.

Be sure to use objective, fact-based language in column A, not judgments or opinions. For example, you might say, “My spouse said it looked like I was gaining weight,” as opposed to, “My spouse thinks I’m fat, and always criticizes me.” Don’t worry about column “B” at this point.

Example:

<table>
<thead>
<tr>
<th>Activating Events</th>
<th>Belief System</th>
<th>Emotional Consequences (feelings)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td><strong>B</strong></td>
<td><strong>C</strong></td>
</tr>
<tr>
<td><em>Driver made a “one fingered” gesture on the freeway</em></td>
<td>XXXXXXXX</td>
<td>Anger/Rage</td>
</tr>
<tr>
<td></td>
<td>XXXXXXXX</td>
<td></td>
</tr>
<tr>
<td></td>
<td>XXXXXXXX</td>
<td></td>
</tr>
</tbody>
</table>
Good Job! You’re “on the road” to improved emotional self-management. A big part of achieving emotional peace of mind is learning to accurately identify the **objective** circumstances you’re dealing with, versus your **subjective** emotional response to them.

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<tr>
<th>Activating Events</th>
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<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
</tr>
<tr>
<td>1.</td>
<td>XXXXXXXX</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>XXXXXXXX</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>XXXXXXXX</td>
<td>3.</td>
</tr>
</tbody>
</table>

**Hint:** Describe what actually occurred (like a snapshot) without any judgment attached.

**Hint:** Don’t worry about these yet.

**Hint:** List the feelings you had; your “gut level” response: sad, mad, anxious, etc.
The Road Map to Peace of Mind

Mile Marker 4 Learning Opportunity

How About You?

CIRCLE THE TRAITS AND BEHAVIORS THAT APPLY TO YOU!

Steamrollers

- Frequently complaining about others
- Angry outbursts
- Whining
- Nagging
- Bossing
- Demanding
- Criticizing
- Yelling
- Excessive alcohol/drug use

Pressure Cookers

- Avoiding conflict
- Smiling when upset
- Lack of assertiveness
- Suppressing feelings
- Distracting (e.g. shopping)
- Ignoring/minimizing problems
- Comfort eating
- Excessive alcohol/drug use