



Let's take feelings one step further. Feelings stem from experience. "Tracing feelings back" means tracing an uncomfortable feeling back to the source: an argument, a disappointment, a change, an event or situation. Doing this allows you keep you feelings in check, helps you learn about your triggers and lets you discover unhealthy behavioral patterns you may be in a cycle of repeating.

There are three challenges in tracing feelings back, but each can be overcome through practice. The three challenges;

1. Pin-pointing the trigger by recalling the chain of events that led to the exact moment the feeling began.
2. Admitting to fear, insecurity, or anger, because so much judgment has been placed on those feelings for so long.
3. Taking a positive step to address the feeling.

TRACE & PROCESS FEELINGS, AN EXAMPLE OF A FEELINGS TIME LINE

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|-----------------------------------|--|
| 1 ● EVENT | 1 An EVENT occurs that causes a... |
| 2 ● TRIGGER | 2 TRIGGER , which cause a... |
| 3 ● DIFFICULT FEELING | 3 DIFFICULT FEELING (we often don't recognize it at the time). |
| 4 ● DELAYED REACTION | 4 Hours (or days) later, due to the DELAYED REACTION we suddenly feel tired, overwhelmed, disconnected, or trapped, but don't understand why. |
| 5 ● IDENTIFY FEELING | 5 Now is the time to sit and IDENTIFY OUR EXACT FEELINGS . Then... |
| 6 ● STATE THE FEELING | 6 STATE THE FEELING to ourselves or someone else. Next, |
| 7 ● TRACE IT BACK | 7 TRACE IT BACK to the original source and alleviate the confusion. Depending on the situation, we can either |
| 8 ● ADDRESS FEELING | 8 ADDRESS THE FEELING in the moment, if we feel it's clear enough, or |
| 9 ● PUT ON HOLD | 9 PUT IT ON HOLD and deal with it later, when we have had some time to regroup and get perspective. Either way, it's usually good to |
| 10 ● TELL SOMEONE ABOUT IT | 10 TELL SOMEONE ABOUT IT , unless you feel comfortable dealing with it on your own and know what you need to do. |
| 11 ● PROCESS THE FEELING | 11 Then PROCESS THE FEELING , and do your best to |
| 12 ● LET GO AND MOVE ON | 12 LET IT GO AND MOVE ON |

Finding the source of our feelings helps us make sense of them. At least we can then say, "No wonder I feel this way." As our confusion and self-judgment ease, things stop feeling unmanageable and hopeless. We can then choose to sit with it, put it on a shelf for later, or address it now. We have choice! We have control of our choices.



FRIENDSHIP **BENCH**

#iwillthrive