



BEACON Chapter 6 Optimism

Lesson 3 – Navigating “negative emotions”

ThriveAbility





Three steps to coping...

Getting good at coping, healing,
and well-being is a matter of getting
good at

- letting be – be with what's there
- letting go - decrease the negative
- letting in -increase the positive


How might we resiliently navigate tricky emotions?

- Use positive emotions to counter “negative”
- Self compassion (chapter 5)
- Avoid the negativity landmines

Lesson 3

- Use emotions as data
- Name it to tame it
- Watch the stories we tell ourselves
- Be aware of how our brains work
- Taking an optimistic explanatory style
- Power posing





Can you see your mind as a garden?

Imagine that your mind is a garden. You can tend to it in three ways: observe it, pull weeds, and plant flowers.

- Observing it is sometimes all you can do to ride out the storm. But observing alone is not enough;
- The mind doesn't change for the better on its own.
- Weeds don't get pulled and flowers don't get planted simply by watching the garden.

Hanson, Rick. Resilient



“Think of your negative emotions like a telephone ringing with an important message for you. Until you pick up the phone and listen, you can’t really determine what actions will be the most appropriate.”

Robert Biswas-Diener

angry

GRUMPY
FRUSTRATED
ANNOYED
DEFENSIVE
IRRITATED
OFFENDED
SPITEFUL

sad

DISAPPOINTED
MOURNFUL
REGRETFUL
DEPRESSED
PESSIMISTIC
TEARFUL
DISILLUSIONED

anxious

AFRAID
STRESSED
VULNERABLE
CONFUSED
WORRIED
CAUTIOUS
NERVOUS

hurt

JEALOUS
BETRAYED
ISOLATED
SHOCKED
VICTIMIZED
TORMENTED
ABANDONED

embarrassed

ISOLATED
SELF-CONSCIOUS
INFERIOR
GUILTY
ASHAMED
PATHETIC
CONFUSED

happy

THANKFUL
TRUSTING
CONTENT
EXCITED
RELIEVED
ELATED
CONFIDENT

Go beyond the obvious umbrella term
to identify *exactly what you're feeling.*

USAN DAVID

EMOTIONAL AGILITY

when we label our
emotions accurately,
we are more able to
discern the precise cause
of our feelings.

EMOTIONAL AGILITY

What are your emotions telling you?

IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME

What are the stories we tell ourselves



This is
VERY bad!



I'm no
good at
this stuff.



Everyone's
better than
me



I'm not enough

Qualified enough

Fit enough

Calm enough

Organized enough

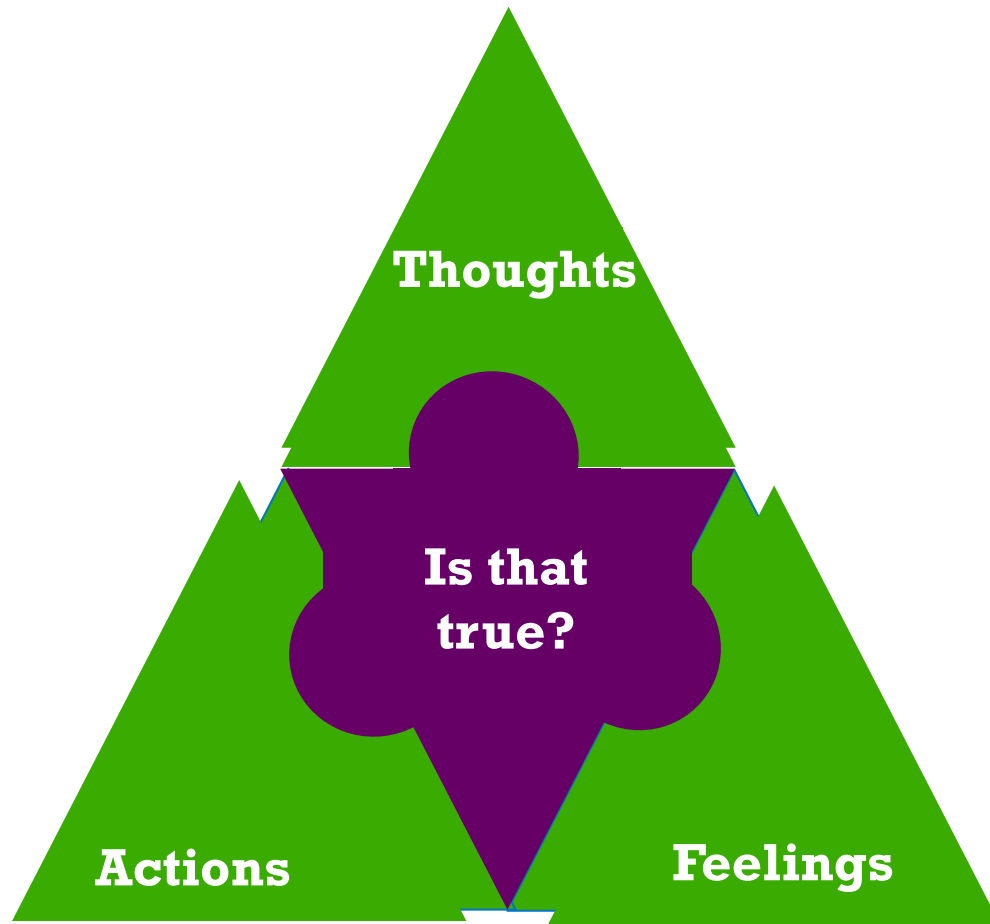
Parenting well enough

Kind enough

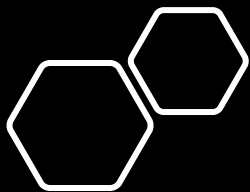
Careful enough

Fast enough

Can We Challenge Our Stories?



(Dweck, 2006; Duckworth, 2014;
Reichard, Avey, Lopez. & Dollwet, 2013)



**Can you explain
things to
yourself more
Optimistically?**

	Pessimistic	Optimistic
Permanent	This will last forever	This will pass
Pervasive	This takes over my whole life, I have no control	This is only part of my life, I focus on what I can control
Personal	This is my fault, this experience is due to my deficits and I'm alone in the way I feel.	This is not my fault. I'm doing the best I can. Others would struggle in this situation too.



Do you flip
your lid?

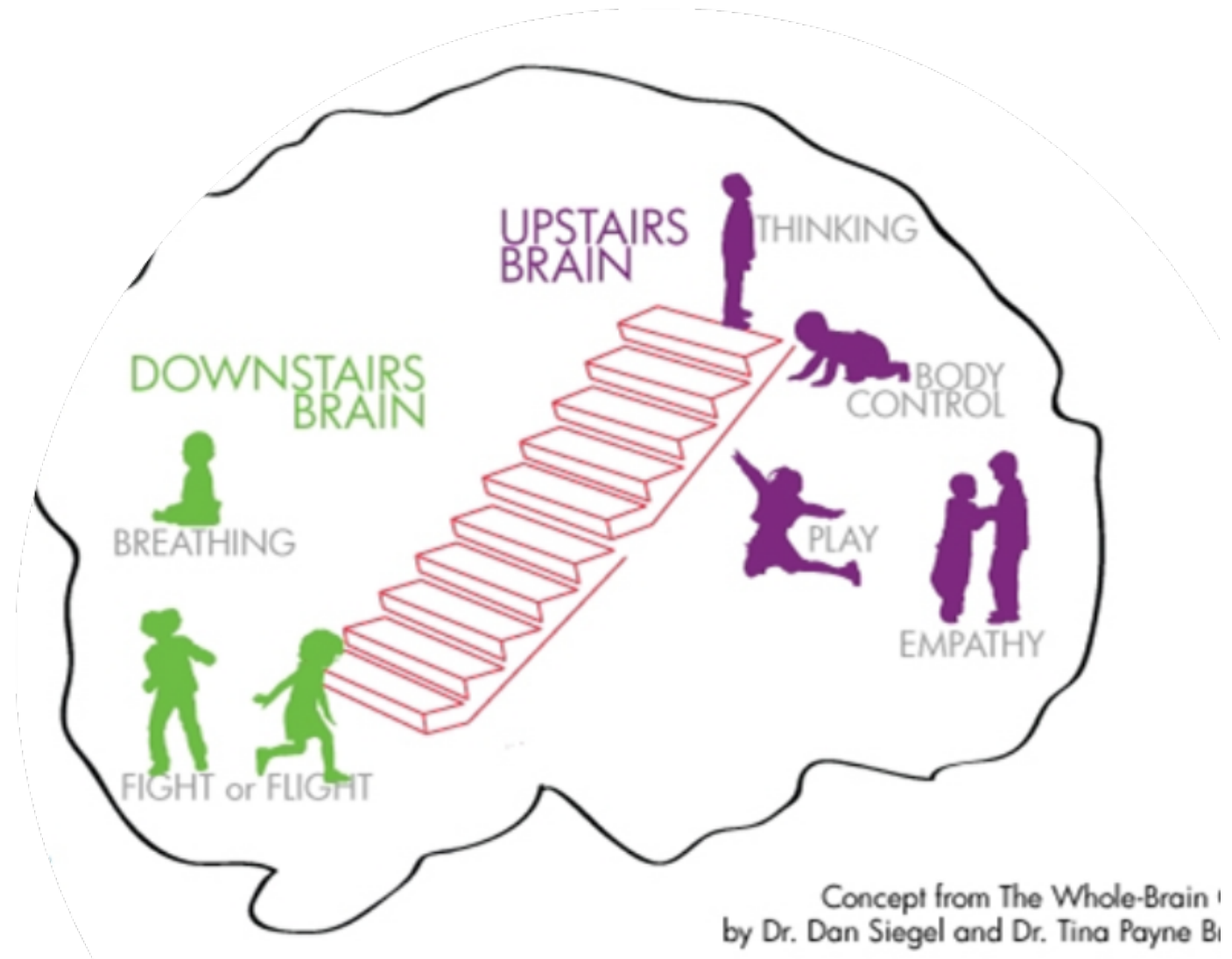


A black and white dog with a brown patch on its face is looking down at a small tabby kitten. The kitten is standing on a dirt path with some green plants. The dog's head is in the upper left, and the kitten is in the lower right.

How do our brains help or hinder?

Our brains are complex and wired to be alert to threat. Sometimes we react rather than respond

So, how do
our brains
work?



What helps to get the “lid” back on?

- **Movement**
- **Music**
- **Name it to tame it – I feel angry, scared etc**
- **Breathing – especially out breath (exhale)**
- **Think of other occasions you’ve felt like this and what worked**
- **Talk to someone**
- **Share a positive emotion**



Power Pose

Professor Amy Cuddy's research has found that adopting a high-power pose for two minutes can give people a feeling of power and confidence.





Elisha
**“I’m learning to
let go and not
react in fear”**



Key points Lesson 3

In this chapter we deal with ways that we might be able to more respond resiliently to challenging emotions.

Here's the ideas we explored;

- Use emotions as data
- Name it to tame it
- Watch the stories we tell ourselves
- Be aware of how our brains work and how to keep them integrated
- Take an optimistic explanatory style
- Power pose
- And – being both broken and whole

Life can be
tough.
Give yourself
permission to
be human.

