

**27 WAYS YOU
AVOID NEGATIVE
EMOTIONS +
STAY UNHAPPY**
Playbook

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It's exasperating to feel like a prisoner to your negative emotions. Instead, wouldn't it be marvelous if we could *choose* how to react to an annoying situation or person?

The good news is that you can. But before you can master your emotions—you have to first be aware of them. Surprisingly, it's not always obvious.

You can gain control of your negative emotions by identifying the "breadcrumbs" that they leave behind. AKA negative emotional reactions like blaming, over-apologizing and withdrawing.

So, check out the 27 negative emotional reactions below and answer the questions.

Click [here](#) to go back to the blog article for guidance.

FIGHT

- 1. Acting angry.** Snapping at people, yelling, threatening, swearing, being violent and storming out.
- 2. Arguing.** Needing to prove that you're right. Feeling superior to others. Making a scene.
- 3. Criticizing, judging or blaming.** Feeling offended. Taking things personally.
- 4. Overanalyzing.** Jumping to conclusions. Assuming other people's thoughts, actions or intentions. Expecting the worst.
- 5. Being deliberately negative.** Gossiping. Complaining. Making unfriendly, annoying, resentful or sarcastic remarks.

ACCEPT+ LEARN

Briefly describe a personal experience where you had a "fight" reaction.

In the above experience, what made you feel hurt, sad, scared or unsafe?

Where were you holding judgments on yourself?

What are your boundaries? When did you cross them?

FOLD + STAY

6. Peacekeeping. Putting up with bad treatment. Being pleasant or obedient to avoid conflict.

7. Excusing others. Bending over backwards to understand, excuse or forgive others.

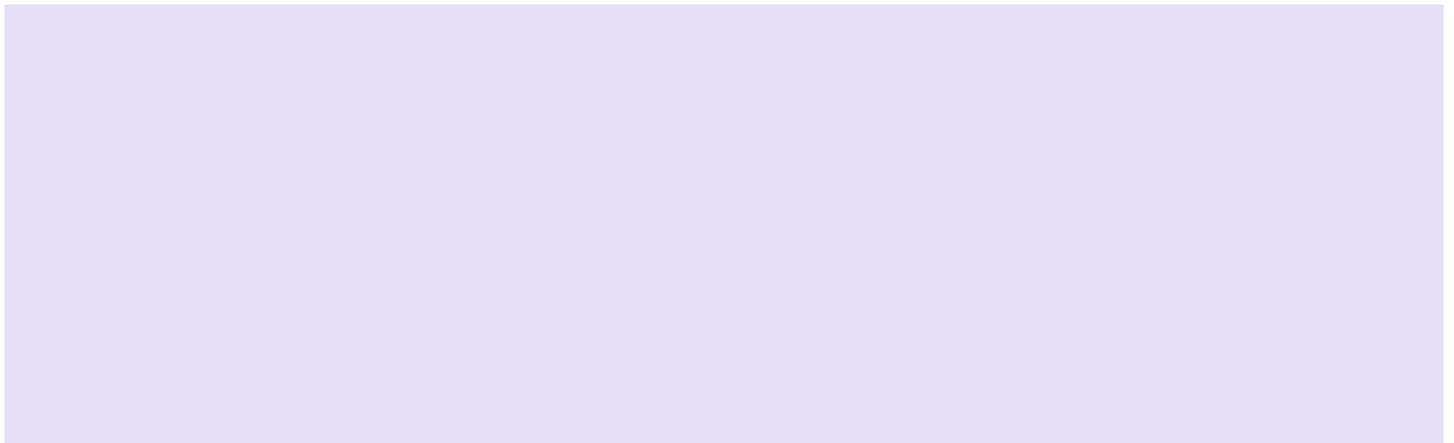
8. Caretaking with strings attached. Taking care of others to feel better about your situation. When don't get recognition, you're upset.

9. Over-apologizing to reduce blame and avoid offending others.

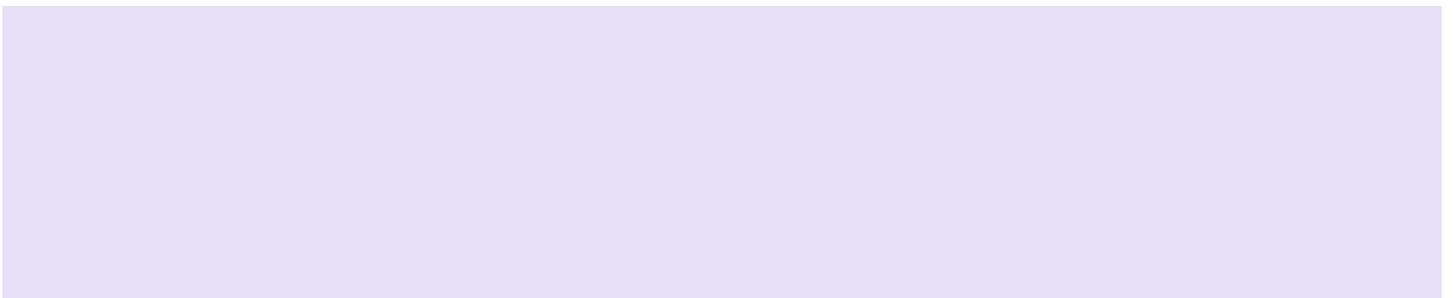
10. Constantly doubting yourself. Feeling inferior to others and not believing in yourself and your capacities.

ACCEPT+ LEARN

Briefly describe a personal experience where you had a "fold + stay" reaction.



Which thoughts disempowered you in the above experience?



Where else in your life do you have disempowering thoughts?

How would your life look if you stopped making yourself smaller?

FLIGHT

11. **Distancing.** Walking away. Moving to another place. Blocking contact.
12. **Escaping dramatically.** Rushing out of the room crying or in panic.
13. **Wallowing in your hurts.** Using pain to avoid more pain.
14. **Acting confused.** Pretending to not understand what's going on to avoid facing reality.

ACCEPT+ LEARN

Briefly describe a personal experience where you had a "flight" reaction.

Which emotional wounds or fears were you running away from in the above experience?

What if this were an opportunity to change and see things differently?

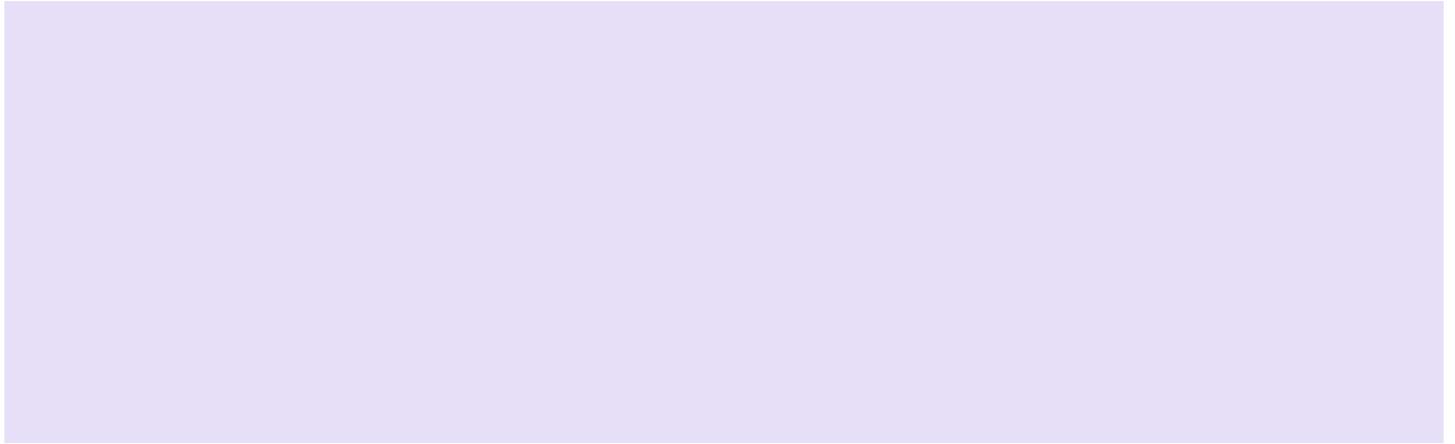
What needs to happen for you to stop fleeing?

FREEZE

- 15. Blanking out.** Having your mind go completely blank, so that you don't have to think, cope or decide.
- 16. Clamming up.** Not knowing what to say/do. Or not being able to say/do anything.
- 17. Shutting down.** Feeling trapped and frozen or even fainting. Deer-in-the-headlights.
- 18. Losing hope.** Feeling so helpless that there's no motivation to fix things.

ACCEPT+ LEARN

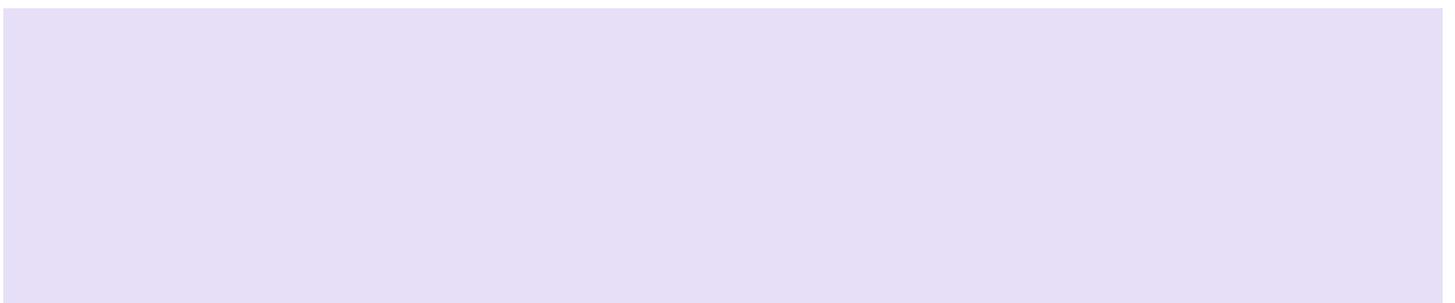
Briefly describe a personal experience where you had a "freeze" reaction.



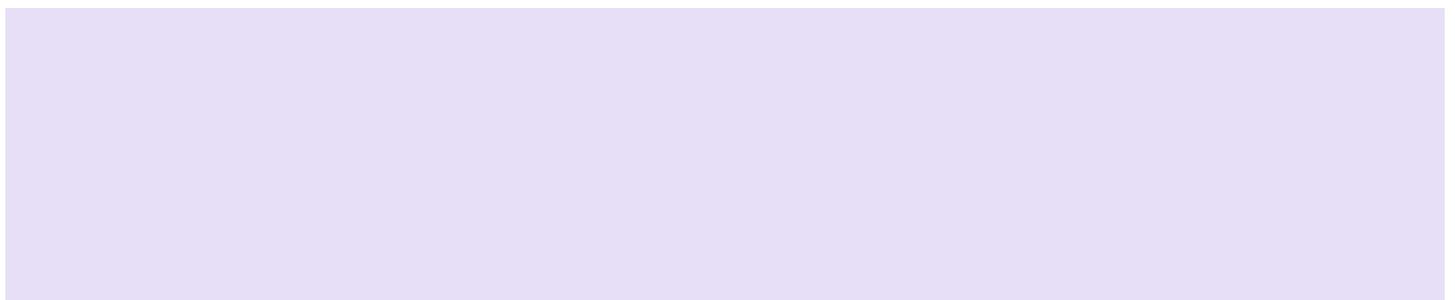
What do you feel in the moment? How does that feel in your body?



What's one positive thing that you can do to resolve this difficult situation?



What's your next (baby) step?

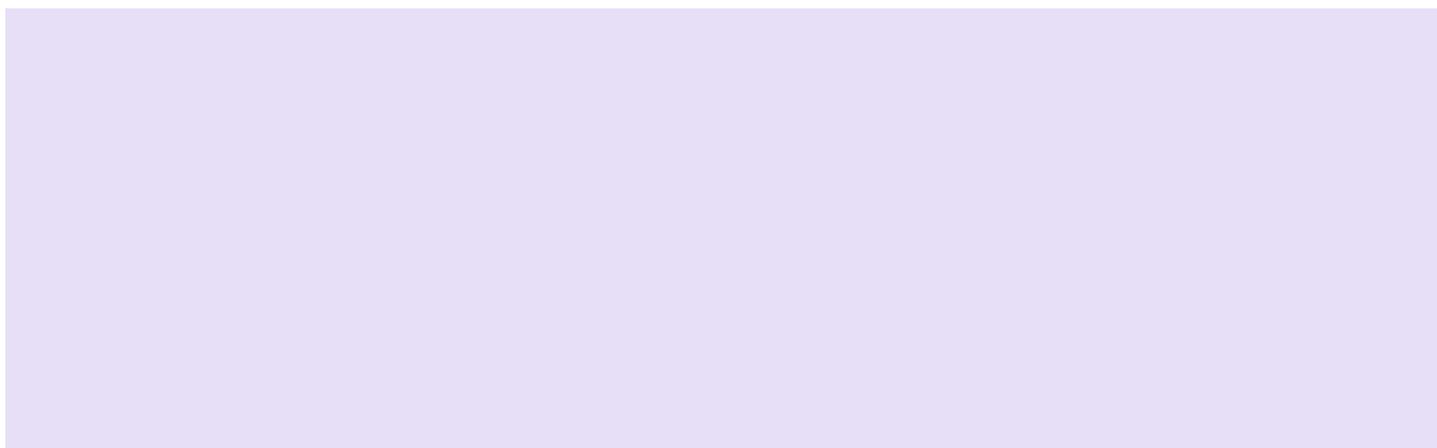


FINE

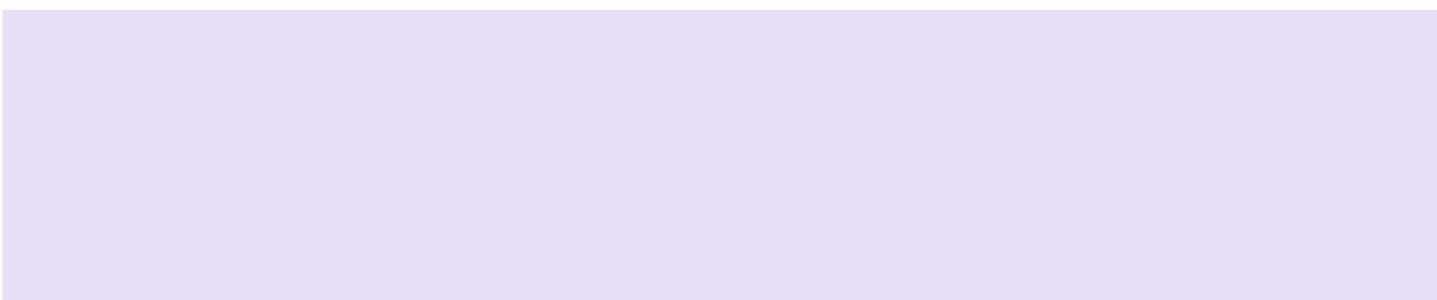
- 19. Claiming everything's fine.** Brushing off your problems. Vehemently avoiding talking about how you feel with loved ones. Refusing help. Perfectionism.
- 20. Being cold.** Denying your feelings so that you seem unemotional or invincible.
- 21. Joking around.** Deflecting attention away from your fear, pain, sadness or anger via humor.
- 22. Showing off.** Trying to make a good impression on others through your possessions, appearance, status, abilities, etc.
- 23. Forging ahead.** Being extremely focused on what's ahead and driven to reach your goals despite how awful you feel.

ACCEPT+ LEARN

Briefly describe a personal experience where you had a "fine" reaction.



What's unpleasant in this moment?



When was the last time you felt like this? How did you react? What were the results?

How would your life look if you kept acting like everything's fine forever?

FORGET IT

24. Abusing substances. Finding refuge in alcohol, drugs or cigarettes.

25. Denying reality. Keeping a stiff upper lip or forcing yourself to think only positive thoughts.

26. Distracting yourself with activities. Includes eating, having sex, gambling and imagining a fantasy world, but you can also use work, studies, sports or hobbies to avoid pain or contact.

27. Giving up. Never wanting to do that ever again.

ACCEPT+ LEARN

Briefly describe a personal experience where you had a "forget it" reaction.

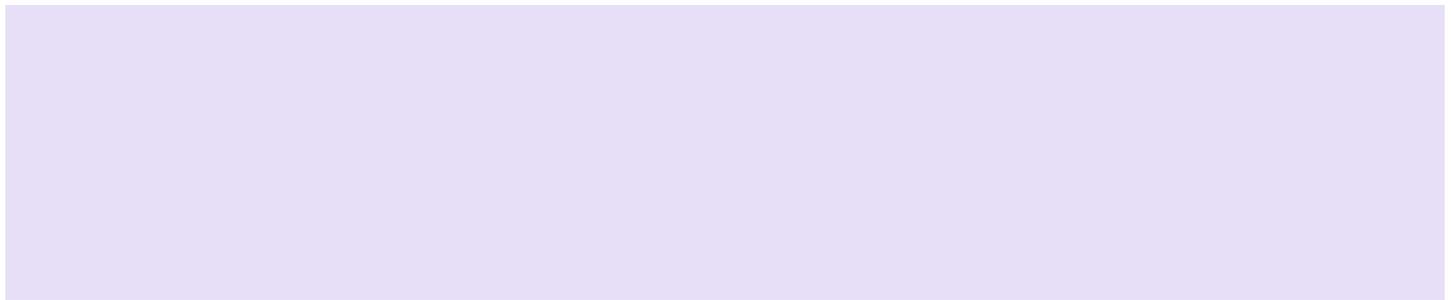
What are you avoiding in the present moment?



What are others' expectations of you? What do you really want?



What can you learn from this situation?



WHEEW... TAKE A DEEP BREATH.

You're done! *high five + hugs*

P.S. Want some personal guidance to let go of self-doubt and find inner peace? Check out my [coaching services](#).