

How to Deal Effectively with Difficult Emotions —a Psychologist’s Approach

The One Page Checklist

This one-page Checklist will show you the exact psychological steps to use when you feel overwhelmed by strong negative feelings such as Anxiety, Anger or Fear. When you know how your brain works, you can manage feelings confidently without feeling out of control, wanting to run away to avoid your feelings and/or feeling helpless because you don’t know what to do.

Hi, Dr Sharyn here
—CBT Expert &
Cognitive
Psychologist—taking
you through Step 4 of
my **Anxiety Blueprint:**
**How to Deal Effectively
with Difficult
Emotions—a
Psychologist’s
Approach.**

This step reflects the EXACT SYSTEM I have used to help thousands of clients who struggle with powerful negative feelings that can easily mess up their careers, families and relationships and wreck their peace of mind. When you know how to manage difficult feelings you’ll feel consistently calm and capable, and you’ll be confident even when you come up against stress and chaos.

Common Struggles

Most people struggle with feelings for similar reasons, and we’ll use the same steps I regularly use in my psych clinic to help you manage difficult feelings.



Feeling out
of control



Avoiding
awful feelings



Don’t know how to
manage awful feelings

Three Simple Steps that help people like you manage difficult feelings (the psychologist’s way)

Step 1



**What is
a Feeling?**

- Know what a feeling is and what it is not.
- Know when to pay attention to feelings (and when not to).

Step 2



**Find my
Feelings**

- Where are they?
- Explore your Feelings/Sit with your feelings.

Step 3



**Manage your
Feelings**

- Don’t fight your Feelings.
- Control your Behaviour (not your Feelings).

This is one step (Step 4) of my Fix My Fear Blueprint—the clearest and most predictable therapy system for anyone serious about doing what it takes to Fastfix and permanently change feelings of Anxiety, Anger and Fear. You can use these science-based psychological strategies to rewire your brain, change the way you think and feel and bring you closer towards a calm and confident you.

fix my fear blueprint

