

Another Beautiful Life

COACHING

Process The Urge

When you have an urge to drink alcohol or eat when you know you shouldn't, it's usually because your brain is trying to avoid feeling something in the moment. When you become aware of this, it's necessary to be purposeful in processing the emotion in order to avoid over drinking or over eating.

Use these prompt questions to help you process the urge:

1) What has happened in the last few hours that may have been stressful or painful for you? Write in detail.

2) What are ALL of the emotions you are feeling right now? Use the "Feelings Wheel" if it's helpful.

3) For each emotion listed above, write one sentence stating why you think you're feeling that emotion.

3) Process EACH emotion individually by going through these steps:

- Close your eyes and breathe in and out a few times.
- Out loud, say the name of the emotion you're feeling. For example, "This is sadness."
- Out loud, say why you are feeling the sadness. (From question #3) "I am feeling sad because my dog died."
 - Have compassion for yourself by saying something like, "It's okay to feel this way. There's nothing wrong with me feeling this way. It's perfectly naturally to have this emotion."
 - Bring more awareness to what you're experiencing right now by becoming "the watcher." As a third party looking in, what kind of logic and reasoning can you bring to the situation that brings new information for your brain to consider? Ex., "Dogs bring so much love and happiness to our lives. They're given to us for a reason and for a particular season. They become like another family member. It would be normal to grieve the loss of your dog. Loss is a good time to recount the blessings that we had from their lives."
- Finish by closing your eyes and breathing in and out a few times.