

humantold

Managing Emotional Buttons ('Let It Out' List)

This is part of a series that helps explore different strategies for helping you break free from negative patterns when emotional buttons are pressed.

If you have not done the exploring emotional buttons series it might be good to start there.

Strategy: "Let It Out" List

This is a good technique for releasing the energy from your trigger in a positive, nondestructive way.

It involves making a list of all the things you're thinking and feeling raw and unedited. Giving yourself time to express that energy, once that initial burst slows hopefully being able to better manage what activated you.

- Go to a private place, away from others.
- Choose your medium:
 - Notes App
 - Diary or Journal
 - Voice Note
 - Recording yourself
- Write, dictate, or say everything that comes to mind related to the trigger. Don't worry about spelling, grammar, rambling. **Just let it out!**
- Put everything on the list. Put all the words, thoughts, feelings down.
- Do this until you've exhausted all the words, thoughts, and feelings about the trigger.
- Take 5 slow deep breaths exhaling longer than you inhale.
- Imagine another response, other than your default response, that is positive, helpful, and encouraging.
- Do the alternate response.

*****Remember to make these not alternative behaviors you have to practice them as often as you can.*****

Fox DJ. Borderline personality disorder workbook: An integrative program to understand and manage your BPD. Oakland, CA: New Harbinger Publications Inc.; 2019.