

Trap It!, Map It!, Zap It!

Trap It!	Map It! Emotion Radar		Zap It!
Anger	Violation of your rights	We get angry when we think our rights have been violated. Often our thoughts are wrong and we imagine a slight when no harm was done or intended. It's important to sort through the situation and figure out the truth. <i>Who did what to you?</i>	If the violation is not real - or is overblown, let your anger go. If it is real, come up with a plan to discuss it with the person when you are calm and can be assertive rather than aggressive.
Anxiety	Future threat	Anxiety happens when we think something's coming down the track to get us. Often our thoughts are wrong and we exaggerate the danger of a situation. Think: what are the worst and best things that could happen? What's most likely to happen? (Hint: reality is usually somewhere in the middle).	Banish that worst-case scenario and make a plan to deal with the most likely outcome. If the threat is real, it will help to think about how to deal with it when and if it comes.
Embarrassment	Loss of standing in a group	We get embarrassed when we think other people think less of us. People are usually too busy worrying about themselves to scrutinize you. If they did notice your slip up, they probably don't think any less of you because of it.	Go easy on yourself. Think of one way you can add to your standing with your peers by doing something well.
Frustration	Lack of resources	We get frustrated when we think we don't have what we need to get a job done or solve a problem. What do you need that you don't have? Sometimes we focus so hard on what we don't have that that we can't see other resources that are available.	Come up with one thing that you have at your disposal, no matter how small, that can advance your plan just a little bit.
Guilt	Violation of another's rights	We feel guilt when we think that we've stepped on someone else's toes or let them down in some way. Ask yourself, what did you owe someone that you failed to provide? Would you expect it from others? If not, why expect it from yourself?	Cut yourself some slack and set reasonable expectations of yourself. If you have hurt someone, come up with a plan to apologize and make amends.
Sadness	Loss - Real World or Sense of Oneself	We feel sadness when we think that we've suffered a loss. It could be a real loss like a job or a relationship. Or maybe we've suffered a blow to our self-esteem - we think we're just not as good as we thought we were at something or things didn't turn out as well as we'd hoped.	Make a plan to do something you're good at and enjoy and put that plan into place today!
For any Emotion	Each of us has an Emotion Radar that drives us to feel one of these emotions more than the others.	Be skeptical of your thinking that led to the emotion. Asking yourself a simple, one word question can often break the cycle and zap the emotion.	Ask yourself: "Really???" Most times, your answer will be, "Well, maybe not so much!"