



No matter how you feel, do what matters to you

Use your values to help you do what matters to you, in spite of how you feel.

Our feelings can stop us from acting in ways that matter to us. We might behave in ways that give us immediate relief from uncomfortable feelings, but which are against our values. Regulating emotions involves doing the things that are important to us, in spite of how we feel.

Imagine your life is like a long road trip and your mind is the minivan you are driving. YOU, your thoughts and feelings are crammed into the minivan together. Even though it may not feel like it at times, YOU are the one driving.

Think of your thoughts and feelings as different passengers in your minivan. Your job is to keep your minivan pointed in the right direction, and not be distracted by your passengers.

THERE ARE A FEW RULES ON THE LIFE ROAD TRIP...



IDENTITY
& VALUES