

EXERCISE: WHAT I DO WHEN I GET THE HORRIBLE FEELING

What I do when I get the horrible feeling	Examples	Tick if you do this
1. I reduce or stop seeing people and doing the things I like, care about or need to do	Elina hasn't felt up to going out with friends. As her energy is low she avoids grocery shopping and cooking, and only eats snacks from the corner shop.	
2. I rest or sleep a lot	Adio has been spending more time in bed. He wakes up a lot, so he goes to bed a couple of hours earlier and wakes up later. He also goes to bed in the day, whenever the feelings are too much.	
3. I repeatedly check if something is a problem (this can	Maja does a mental check several times a day to see if she	

mean checking your thoughts, feelings and memories)	has done something wrong at work, home or with friends. She tries to remember if she forgot to lock up or turn off things correctly, or if she made errors or offended people.	
4. I watch out for signs that something might be a problem/threat	Jake is worried that his neighbours are out to get him, so he tries to spot any possible signs of them trying to interfere or deceive him (e.g. missing post, bins being moved).	
5. I criticise or tell myself off and demand that I cope better	Angie says, 'Don't be an idiot; don't be weak' in her head when she feels bad.	
6. I look for ways to escape the situation	Martha sits near the exit wherever she goes and spends time planning routes out of any situation she can't avoid.	

7. I go out of my way to avoid things that make me feel bad	After disagreements in and out of work, Edith will avoid the person who has upset her, and turns down any invitation that could mean she sees them.	
8. I do something to try to protect myself	Taylor barricades herself in her room with bags when trying to rest or sleep, and turns off all electronic equipment to protect against hackers or bugging.	
9. I focus on how my body feels and may try to control this	When worried, Abdul concentrates on his heart rate and whether he is shaking. He spends lots of time repeating mantras and doing breathing exercises to try to calm himself.	
10. I work even harder, try to perform better, try to solve the problem practically, or	Faith arranges to go out a lot when stresses build. She starts new fundraising activities and takes on new hobbies and	

keep myself very busy	tasks, so she doesn't have any free time.	
11. I go over the problem or memory repeatedly in my mind	Priti thinks about work and family problems through the evening, replaying conversations and events, often focusing on things she could have done differently.	
12. I eat more	When Mike feels bad, he will eat junk food until he feels sick.	
13. I reduce or control my eating	When feeling bad, Lee will only eat vegetables and a small amount of protein.	
14. I make myself sick	When life pressures build, Alex vomits at least once a day.	
15. I exercise a lot	Sam has been coping by doing long periods of high-intensity exercise morning and evening every day.	
16. I drink alcohol or take drugs/ medication	Stellah smokes cannabis to try to calm herself.	

17. I hurt myself	Safi cuts their arms and legs when they feel others don't care. They have hurt themselves in different ways at other times.	
18. I buy things	Dan goes on an internet shopping spree whenever he feels bad, spending large amounts at once.	
19. I gamble	Angel gets a hit from online gambling when life feels bad.	
20. I do things that make me feel or seem special, important or powerful	When feeling like she doesn't fit in, Martha makes sure she wears designer clothes and exaggerates stories of her achievements. She dreams about being an influencer and spends longer on social media.	
21. I have sex, use porn, imagine sexual fantasies or masturbate	Pat spends several hours morning and evening watching online porn, looking for more extreme content as time goes on.	

22. I get lost in my interests, imagination or thinking about situations that would be nicer or interest me (including getting absorbed in the online world)	Andy spends hours researching the Illuminati online when he feels like he's a failure; he stays up late to follow up on exciting leads.	
23. I do a ritual or compulsion; this can be repeating an action or a mental ritual	Abina does hours of intense cleaning and tidying when feeling bad.	
24. I do something impulsive, risky or dramatic	When feeling bad, Sam stays out all night partying with strangers, going alone to unfamiliar venues and taking unknown substances.	
25. I do things to punish myself or stop myself from having nice/essential things	When feeling bad, Vrinda only has cold showers and won't do things she might enjoy.	

26. I get angry with someone or something (possibly different to the source of the problem)	When things go wrong at work or home, Imelda gets furious with people she thinks have made an error or let her down, even if they are only slightly linked to the issue. She gets mad at people she cares about when the anger isn't really about them.	
27. I rebel	When Jack feels backed into a corner, he does the opposite of what he thinks his partner, manager, parents and others want of him.	
28. I do things to try to please or care for other people	Jason buys people gifts and goes out of his way to do favours when he doesn't feel like anyone cares about him.	
29. I ask for reassurance	Obi doesn't make decisions unless he's checked them multiple times with his partner. He often fears he has cancer so visits his doctor	

	multiple times to try to get tests for this.	
30. I turn to other people to make me feel better or to solve the problem	Peter insists he isn't safe on his own and goes everywhere with his partner, relying on them to make every decision.	
31. I hide the feeling or situation from myself and others (this can include lying or making things up to hide problems)	Philippa has been avoiding life stresses that have building up. She has been taking out loans to cover debts and telling her family work is going great, although she is having meetings with her boss about missing work.	
32. I push away offers of help or care	When people ask Petra what's wrong she says 'nothing', and declines offers of help or a chat.	
Other thing that you do when you get the horrible feeling:		

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