15 Identifying your emotional processing style

One in Four

If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 64-65. This exercise assumes you have completed exercise sheet **1 Starting an activity journal**.
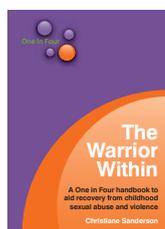
⚠ **If this exercise is too difficult or upsetting, STOP. Take a break from it and make a commitment to return to it at a later point.**

The overwhelming nature of trauma and CSA increases the need to control emotions and avoid emotional processing. This leads to becoming out of touch or 'out of tune' with your emotions.

To identify your emotional processing style, think of your most frequent positive or pleasant emotions, and your most frequent negative or unpleasant emotions. Write these down and reflect on how you deal with such emotions.

Is there a difference between how you manage pleasant and unpleasant emotions? Do you avoid unpleasant feelings? Do you tend to keep quiet about your feelings? Do you push your emotions away? Do you seal your emotions away so they cannot be accessed? How long do your emotions last – minutes, hours, days? How often do you feel the same emotions? Do you have difficulty controlling what you say when you are upset? Do you react out of proportion to what people say or do?

In answering these questions and exploring how you deal with emotions you identify your emotional processing style. As you identify your style ask yourself if you would like to change this and how you do this. To aid your recovery you might want to become more in tune with your emotions rather than avoid them.