improving how you feel

People often believe that the feelings and emotions they experience are caused by external events, situations, and the behaviour of others. For example, we might hear ourselves say, "My partner made me so angry," "My boss made me so nervous," "This trip down south made me feel so relaxed," or "I'm depressed because I didn't get the job I wanted." What is the assumption underlying these statements? That someone or something other than ourselves was directly determining the feelings we experienced. However, if we stop to analyse the process that links an external situation to our emotional responses, we will find that there is a step in between.

What Influences My Feelings?

What really makes us feel and respond the way we do, is not the situation or the words and actions of another person, but how we perceive that situation or that person's actions. It is our thoughts and beliefs about an event that significantly influences our feelings and actions.

Here's an example. Suppose you went to a party and your host introduces you to Mike. As you talk to him, you notice that he does not look directly at you but often looks around the room. How would you feel if you thought, "Boy, this guy is so rude! He won't even look at me while I'm talking with him! How nasty!" What if you thought, "Mike must think that I'm really unattractive and uninteresting. I must be a really boring person. Nobody wants to talk to me!" What about if you were to think, "Mike's probably waiting for a friend to come. Maybe he's getting a bit anxious." You probably realised that you felt three different emotions as a result of those three different thoughts. Often, we are not aware of our thoughts and beliefs because they are so automatic and happen quickly. But they are there, and they affect the way we feel.

Why do I feel distressed?

We've talked about the way our thoughts affect how we feel. If we are feeling happy and excited, chances are we have been thinking positive thoughts and about positive things. On the other hand, if we are feeling anxious, depressed, and upset, it is very likely that we have been thinking negative thoughts. We call these unhelpful thoughts (simply because they lead to unpleasant feelings or unhelpful actions!). All of us, at times, think things that make us feel sad or anxious, and that is a normal part of life. However, if you often feel distressed or upset, you might need to examine your thinking in order to improve how you feel.

Feelings are not Thoughts

When we first try to distinguish thoughts from feelings, it can be easy to confuse them. We might be used to talking about thoughts and feelings as being part of the same experience, but it is more helpful to separate them and

remember that feelings are not thoughts. For example, you might hear a person saying "I *think* I'm anxious," but they're probably *thinking* "Everyone will laugh at me," and *feel* anxious. More commonly, you might hear someone saying something like "I *feel* that my boyfriend doesn't appreciate the gift I bought for him," when they are actually *thinking* "My boyfriend doesn't appreciate the gift I bought for him," and *feel* hurt.

Unhelpful Thinking Styles

What sorts of thoughts are unhelpful? Unhelpful thoughts are those that tend to focus on the negative aspects of a situation, or those that overestimate the chances of a negative event occurring, or those that place unrealistic demands on yourself or others. These are also often known as unhelpful thinking styles because they are patterns of thinking that have become a habit and contribute to a person feeling unhelpful negative feelings.

What Can I Do?

Plenty! There are lots of things you can do to help yourself feel better, and this next suggestion has been proven to be pretty effective. If unhelpful thoughts lead to distressing emotions, then it might be quite reasonable to say that the most effective thing to do would be to change those unhelpful thoughts to helpful ones! Yeah? Okay, so, how can you do that?

First, identify how or what you are feeling. Then, ask yourself "What am I thinking? What conclusions am I making?" to see how and why you are feeling distressed. Remember, unhelpful thoughts will lead to you feeling upsetting emotions.

The next step is to challenge your thinking by exploring other possible explanations and looking at a situation from different points of view. You might ask yourself, "What other ways are there of viewing this situation? How might someone else view this situation? What other explanations could there be?"

The final step is to ask yourself, "How can I revise my original thoughts to take into account these other possible viewpoints?" Then, think of an alternative explanation. This becomes your new, balanced, and helpful thought. A balanced and helpful thought or belief is one that takes into consideration alternative viewpoints and helps you feel better. Replace your original, unhelpful thought with this new, balanced, and helpful belief. Once you have done this, you will probably find that you feel better and your mood will be improved.