



My CWA: Helping everyone affected by domestic abuse. Contact us 24/7 | 0300 123 5101 | www.mycwa.org.uk

Managing your emotions

Think back to a time when you felt angry and add your responses here:

SITUATION – What happened? Where did it happen? When did it happen? Who else was there?

EARLY SIGNALS: What were your early anger signals...?

PHYSICAL – Facial expressions, physical sensations, actions, gestures

FEELINGS – Not just anger – what emotions was the anger masking?

THOUGHTS – What was your inner voice telling you? “She should have...” / “He always does that...” / “I knew this would happen...”

VIOLENT BEHAVIOUR – Was there any violent behaviour? What happened? How serious were the injuries? How long did the incident last?

INTENTIONS – What did you **want** to happen? What did you want your partner to do differently?

CONSEQUENCES – What impact did this incident have...

On you?

On your partner?

On your children?

SECOND CHANCE – If it happened again, is there anything you would do differently? Why?

Filling in your answers here gives you chances to think about how your emotions affect your behaviour.

By understanding your own early warning signs – physical and emotional – and recognising negative self-talk when it happens you can be ready with some calming techniques to start to cool down before things heat up.

Take a look at our time out and calm breathing tools and learn how to stop your emotions getting the better of you during emotionally-charged situations.

If you need support, please get in touch with My CWA. We don't want to patronise you or lecture you. We aren't the police. We just want to help. Our helpline is open 24/7 so you can call us at any time – 0300 123 5101.