

Change Your Bad Feelings Strategy

1. Think about a person who annoys you, intimidates you, or irritates you. Hold an image of this person in your mind. See this person look at you in the annoying way he/she looks at you when you feel annoyed. Hear this person say what he/she says and notice the bad feeling that happens in your body.
2. Take this image and make it black and white. Move it far off into the distance. Make it much smaller. Make it the size of a dime. Add details to the image that make the person look ridiculous.
3. Change the tone and sound of this persons voice. Hear this person talk in a squeaky tone of voice much like a tiny squeaky mouse or make the sound unrecognizable like the sound of a grown up talking in a Charlie Brown Cartoon.
4. Notice how you feel differently. Now distract yourself for a few moments and then think of this person again. You will still be feeling differently about this person.