

**How to use this form:**

- (1) Look it over. It is a compilation of behaviors from more than 900 people who provide or receive services.
- (2) Check the "Yes" box when the person using the checklist can tell a story about a specific situation, what caused it, how it was handled, and the outcome. Seek evidence to help increase awareness.
- (3) Practice using different techniques, especially when things are going well (to build skills for difficult times!).
- (5) See the hints at the end for ideas on how to practice and review.

Can tell the story of what is happening when they get upset	
Uses different techniques (breathing, music, rocking, compression, walking, etc.) to self-soothe when upset	
Regulates breathing to calm and self-soothe	
Meditates to maintain calm, maintains inner focus	
Withdraws from noisy, crowded, chaotic situations	
If asked to sort feelings, can place feelings in proper categories of mad, sad, joyful, peaceful, scared, powerful	
Uses a "feelings thermometer" or other device to identify strength of feeling in the moment	
When calmed, can identify what caused their feelings to escalate	
Can demonstrate how body language (sighing, gestures, face) expresses feelings	
Can name two people to whom they reach out for help when feelings are "too big"	
Uses communication skills they have to manage conflict to the extent that they can	
Walks away rather than escalate in toxic or angry situations	
Asks for what they need in a difficult situation	
Seeks reconciliation, agreement, forgiveness	
Laughs easily, or just for the sake of laughing	
Asks for a break when they need to de-escalate	
Sets a timer and practices stronger feelings 3x/day for 60 seconds each time	
Uses mindfulness tools and techniques	
Can describe differences in how similar past and present situations were handled	
Changes activities to de-escalate when feelings intensify	
Recognizes how physical stance may come across and adjusts	
Takes "time out" of own accord when situations are tense or upsetting	
Can recognize and generally describe what others seem to be feeling	
Uses specific positive statements to remind self feelings are temporary	
Uses "I feel" statements	
Uses alternatives to throwing, hitting, breaking, cursing, name-calling	
Has some method of checking in with self on feelings multiple times daily	
Can be angry without becoming violent	
Uses physical tools (towel wringing, coloring, clenching fists, pounding nails, etc.) to express as well as contain feelings	
Recognizes feelings when they first begin to have them	
Helps others feel good by complimenting them, saying nice things	
Responds positively to others' emotions	

Tone of voice matches feeling, able to change	
Conscious of voice volume and adjusts it consciously	
Steps "outside" and observes own thoughts and feelings	
"Pays attention" and is mindful, uses mindfulness techniques	
Uses gratitude journal to redirect mad, sad, bad to content, neutral or good	
Can describe where and how specific feelings feel in their body and their causes	
Recognizes and adjusts facial expressions in situations	
Works to stay present (avoids zoning out) when feelings escalate	
Continues to function when stress increases	
Listens to music to get the "feel good" chemicals going	
When feeling bad, sad, or mad uses exercise such as walking, running, skipping	
Monitors and uses information from physiological states	
Reflects on situations involving strong feelings and what they might do differently	
Keeps hurtful feelings inside to avoid damaging other relationships	
Can describe and demonstrates use of self-soothing techniques	
Recognizes speed with which they can escalate and works to slow it down	
Doesn't get ruffled	
Imagines "going to one's safe place" when upset	
Gets rest, enough sleep	
Asks others for reality check about how they might feel in a similar situation	
Practices visualizing positive outcome before situations occur	
Works to identify what upsets them ("triggers")	
Maintains baseline behavior even in hard times	
Doesn't take stff/things out on each other	

**Hints:**

It's hard to see when people are managing feelings. One of the best ways is to tell stories about how you used to do it and how you do it now. The **stories** need to be about a specific situation, in a specific time and place.

Here's an example: "Last week I heard my neighbor yelling at a woman. I felt myself becoming frightened. Instead of hiding, or zoning out, I put on my walking shoes, and I walked for about half an hour. I felt calmer when I got back home."

**Practice.** Remember that just as professional athletes have to practice and practice before they ever play a game. This is especially true for feelings, something we may not learn about when we're young and really need to have higher quality life as adults.

Using the **Victory Cycle card** that follows can also help you have a method to practice regulating feelings. You can wear the color for the day, post the chart, ask others to ask you the questions, or use this tool in many ways.

The key is the three questions:

1. "What I am feeling?"
2. "What do I want to feel?" (Hint: use the feeling of the day)
3. "When have I felt this feeling before?"

Recognize that you can go from a negative > positive or a positive > positive feeling. Most of us have ample practice going from positive to negative, so that's usually not a part of the practice. You can also decide how long you want to feel the negative. The key is the conscious choice!



The Victory Cycle card features a stylized drawing of a person with arms raised and a sun at the top. Below the drawing is the title "The Victory Cycle" in orange text on a purple background. The main content is a table with three columns: Day, Color, and Feeling. Below the table are four numbered questions for reflection.

Day	Color	Feeling
M	 Violet	Victory
T	 Blue	Hope
W	 Yellow	Joy
T	 Pink	Peace
F	 White	Grace
S	 Green	Freedom
S	 Ruby	Love

1. What am I feeling?
2. What do I want to feel?  
(The feeling of the day)
3. When have I felt it before?  
(Tune it in and turn it up)
4. Where do I see the color of the feeling?

If you want a business card, pocket-sized version of the Victory Cycle, send a self-addressed stamped envelope to EPower & Associates, POBox 17383, Nashville TN 37217.

Or, go to [www.gettinghappier.com](http://www.gettinghappier.com) and order the bundled book "How to Get Happier and Why You Should Try to" with the Victory Cycle card.