

Session 5 LEADER

I WILL CONTINUE TO GROW
AND LEARN SO
I CAN TEACH & TRAIN YOU
NEW THINGS YOU
NEED TO KNOW &
OLD THINGS
THAT NEED TO GO

Doing Hard Things

Sometimes, things can feel impossible to handle because they are simply “too hard.” Loss, rejection, criticism, embarrassment, conflict, and differing views can send us into an emotional tailspin.

We may find ourselves stuck in an uncomfortable space—afraid of what might happen next (FUTURE) or overwhelmed by thoughts and feelings about what has already happened (PAST). Our emotions take over, our thoughts begin to spin, and sometimes we simply freeze because it all feels like too much.

! **PAST**
BAD EXPERIENCES & POSSIBLE ROTTEN REASONING

?!?!?!?!?!

PRESENT

?!?!?!?!?!

? **FUTURE**
FEAR OF BEING HURT OR HANGING IN THE UNKNOWN

GOOD NEWS! There are some stellar ways to handle these hard things. Let’s get started!

PAUSE & BREATH

When we are anxious or overwhelmed, our breathing often becomes faster and more shallow as our body’s stress response kicks in. Taking slow, controlled breaths can help signal to your body that it is okay to settle down. Take 5–8 slow, deep breaths. Breathe in gently through your nose, pause briefly, and then slowly breathe out through your mouth. Focus on making each breath calm and unhurried.Slow breathing can help calm your nervous system and reduce your body’s stress response, including the release of cortisol—the hormone associated with stress. As your body begins to settle, it can become easier to slow your thoughts and decide what to do next.

&

RECOGNIZE ANXIETY

- Your mind starts racing and you can’t think clearly
- Your body feels tense and yucky
- Your heart starts racing, your neck/shoulders may hurt
- Your emotions are all over the place (anger, fear, panic, giddy, excited, spicy)
- You may feel all of the above all at once or in wave

Break it Down

1 WHAT'S THE PROBLEM? Take some time to identify the real issue or problem.

Sometimes, when we slow down and really think about what is happening, we realize there may be several different issues involved. Focus on ONE problem at a time. Be honest about the situation, and try to look at it clearly without blaming yourself or others.

REMEMBER: Problems can be:

- The result of your own choices or actions
- The result of someone else's choices or actions
- The result of an accident or situation outside anyone's control

Understanding where the problem came from can help you decide what you can—and cannot—do about it.

2 CONSIDER THE OPTIONS

Make a list of the choices you have. For each one, think about what might happen next if you choose it. Ask yourself: "If I do this, then what could happen?" Write down ALL your options, even the ones you don't really like or don't think will work. Sometimes an idea that doesn't seem possible at first can be changed or adjusted into something that could work.

This is also a good time to talk with a trusted adult or someone who gives wise advice. They can help you see the situation differently, think through possible consequences, or suggest options you didn't even know you had.

Remember, you don't have to decide yet. Right now, your job is to figure out what your options are.

3 CHOOSE AN OPTION AND "GET 'R DONE"

As you look at your options, think about whether each one is a life-giving choice or a life-draining choice.

Life-giving choices move you, the situation, and sometimes other people in a healthier direction. They may be harder in the moment because they can require self-control, patience, courage, and time—but they help you move forward.

Life-draining choices are often made out of anger, frustration, selfishness, or stubbornness. They can shut down other options, damage relationships, and make a difficult situation even harder.

Remember, your emotions are real, but they don't have to be in charge of your actions. When you react out of anger, you can lose credibility and make it harder for others to hear what you are trying to say. Now choose the healthiest option you can and give it a try. Follow through, see what happens, and be willing to adjust if needed. You don't have to have the perfect solution—you just need to take the next healthy step.

Your emotions are valid.
Hurtful or disrespectful
outbursts are not.

Feelings Words

ABANDONED
ACCEPTED
AFRAID
ALONE
AMAZED
AMUSED
ANGRY
ANNOYED
ANXIOUS
ASHAMED
AWKWARD

BELITTLED
BETRAYED
BITTER
BORED
BRAVE
BURDENED

CALM
CHEATED
CHEERFUL
CLEVER
COERCED
COMPETITIVE
CONDEMNED
CONFIDENT
CONFUSED
CONTROLLED
CRUSHED
CURIOUS

DECEIVED
DEFEATED
DEFENSIVE
DEPRESSED
DESPERATE
DESTRUCTIVE
DETERMINED
DISAPPOINTED
DISCOURAGED
DISGUSTED
DISMAYED
DISRESPECTED
DISTANT

EAGER
EMPTY
EMBARRASSED
ENCOURAGED
ENERGIZED
EXCITED
EXHAUSTED
EXUBERANT

FASCINATED
FLATTERED
FLUSTERED
FOOLISH
FORTUNATE
FRANTIC
FRUSTRATED
FULFILLED
FURIOUS

GLAD
GOOD
GRATEFUL
GREEDY
GRIEF
GUILTY

HAPPY
HARASSED
HEARTBROKEN
HELPFUL
HELPLESS
HOPEFUL
HORRIFIED
HUMILIATED
HURT
HYSTERICAL

INFATUATED
INFURIATED
INSECURE
INTIMIDATED
IRRITATED
ISOLATED

JEALOUS
JOYFUL
JUMPY
JUSTIFIED

KICKED OUT
KIND

LAZY
LEFT OUT
LONELY
LOST
LOVED
LOVING
LOW

MAD
MANIPULATED
MEAN
MISERABLE
MISUNDERSTOOD

NEGLECTFUL
NERVOUS

OBSESSED
OFFENDED
OPTIMISTIC
OUTRAGED
OVERWHELMED

PANICKED
PEACEFUL
PEEVED
PERSECUTED
PITIFUL
PLEASED
PRESSURED
PRETTY
PROUD
PUZZLED

QUARRELSOME

RAGE
REBELLIOUS
REJECTED
RELIEVED
RELUCTANT
RESENTFUL
RESIGNED
RESPECTED
RESTLESS
RIDICULED
RIDICULOUS

SAD
SCARED
SCREWED UP
SHOCKED
SHY
SKEPTICAL
SMOTHERED
SPITEFUL
STRESSED
STUNNED
STUPID
SURPRISED
SUSPICIOUS
SYMPATHETIC

TEMPTED
TENSE
TERRIBLE
TERRIFIC
TERRIFIED
THANKFUL
THREATENED
TIMID
TIRED
TORMENTED
TORN
TRAPPED
TROUBLED

UGLY
UNAPPRECIATED
UNCOMFORTABLE
UNDECIDED
UNEASY
UNLOVED
UNORGANIZED
UNSETTLED
UNWANTED
UPSET
UPTIGHT
USED

VALUED
VIOLATED
VINDICATED
VIOLENT
VULNERABLE

WEEPY
WICKED
WONDERFUL
WORRIED
WORTHLESS

Notes & Review