

|          |                 |  |  |  |  |  |  |  |  |  |  |  |  |
|----------|-----------------|--|--|--|--|--|--|--|--|--|--|--|--|
| Joy      | Inner Peace     |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Self-Worth      |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Looking Forward |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Satisfaction    |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Fulfillment     |  |  |  |  |  |  |  |  |  |  |  |  |
| Interest | Curiosity       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Openness        |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Engagement      |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Connection      |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Energy          |  |  |  |  |  |  |  |  |  |  |  |  |
| Surprise | Shock           |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Confusion       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Disbelief       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Uncertainty     |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Instability     |  |  |  |  |  |  |  |  |  |  |  |  |
| Sadness  | Heartache       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Emptiness       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Isolation       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Heaviness       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Mourning        |  |  |  |  |  |  |  |  |  |  |  |  |
| Shame    | Self-Worth      |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Exposure        |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Rejection       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Self-Doubt      |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Self-Blame      |  |  |  |  |  |  |  |  |  |  |  |  |
| Fear     | Danger          |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Worry           |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Vulnerability   |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Uncertainty     |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Avoidance       |  |  |  |  |  |  |  |  |  |  |  |  |
| Anger    | Frustration     |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Injustice       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Outrage         |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Defensiveness   |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Bitterness      |  |  |  |  |  |  |  |  |  |  |  |  |
| Contempt | Fed Up          |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Disappointment  |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Disconnection   |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Criticism       |  |  |  |  |  |  |  |  |  |  |  |  |
|          | Hardening       |  |  |  |  |  |  |  |  |  |  |  |  |



## Understand

## Suppress

**P** \_\_\_\_\_

t

l

**A** \_\_\_\_\_

t

t

**C** \_\_\_\_\_

t

t

**E** \_\_\_\_\_

t

t



- PACE is not about pretending everything is okay.
- PACE is not about forcing yourself to feel happy.
- PACE is not about ignoring your emotions.
- PACE is about choosing your next step.

# ***Disputing Our Emotions***



|                   |  |       |
|-------------------|--|-------|
| <b>Justice</b>    |  | Notes |
| <b>Loyalty</b>    |  | Notes |
| <b>Protection</b> |  | Notes |
| <b>Identity</b>   |  | Notes |
| <b>Certainty</b>  |  | Notes |
| <b>Connection</b> |  | Notes |

# *The Four Steps to Emotional Freedom*



**Detach**

|       |    |
|-------|----|
| 1     | 6  |
| 2     | 7  |
| 3     | 8  |
| 4     | 9  |
| 5     | 10 |
| Total |    |

|  |
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**You can't heal what you don't recognize.  
Before anything can change, you must  
honestly acknowledge what you're feeling  
without judging or avoiding it.**

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**Understand the story, the beliefs,  
and the needs beneath your emotions.  
Curiosity replaces judgment  
and creates understanding..**

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**Grounding, healthy boundaries, self-care,  
and creating balance are all ways  
we learn to regulate our emotions  
rather than react to them.**

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***Emotional freedom grows when  
you stop letting emotions make  
your decisions and begin choosing  
responses that reflect your values.***



# Emotional Processing Guide

*Feel It  
Understand It  
Learn from It  
Grow Beyond It*

|                         |                                      |
|-------------------------|--------------------------------------|
| <b>Emotion Category</b> | Sadness Shame Fear<br>Anger Contempt |
|-------------------------|--------------------------------------|

|                         |  |
|-------------------------|--|
| <b>Specific Emotion</b> |  |
|-------------------------|--|

|                            |           |  |                   |
|----------------------------|-----------|--|-------------------|
| <b>P<br/>A<br/>C<br/>E</b> | Positive  |  | <b>PACE Score</b> |
|                            | Active    |  |                   |
|                            | Comfort   |  |                   |
|                            | Empowered |  |                   |

|                              |
|------------------------------|
| What triggered this emotion? |
|------------------------------|

|                                    |
|------------------------------------|
| How strong is this emotion? (1-10) |
|------------------------------------|

|                                   |
|-----------------------------------|
| What do I think I need right now? |
|-----------------------------------|

|                                         |
|-----------------------------------------|
| What is this emotion trying to tell me? |
|-----------------------------------------|

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|                                                        |
|--------------------------------------------------------|
| What is one small step that would raise my PACE score? |
|--------------------------------------------------------|

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## Why Am I Holding On?

|            |                         |  |
|------------|-------------------------|--|
| Justice    | Someone Needs to Pay    |  |
| Loyalty    | It Feels Like Betrayal  |  |
| Protection | My Pain Keeps Me Safe   |  |
| Identity   | It's Just Who I Am      |  |
| Certainty  | The Unknown is Scariest |  |
| Connection | It Keeps Me Connected   |  |

|                                 |
|---------------------------------|
| What story am I telling myself? |
|---------------------------------|

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|                                   |
|-----------------------------------|
| Is there another way to see this? |
|-----------------------------------|

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|                      |
|----------------------|
| Why am I holding on? |
|----------------------|

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## What Do I Need to Work On?

|                   |             |                               |
|-------------------|-------------|-------------------------------|
| <b>Recognize</b>  | Identify    | Recognize my feeling          |
|                   | Feel        |                               |
|                   | Accept      |                               |
| <b>Understand</b> | Curiosity   | Understand my feeling         |
|                   | Discovery   |                               |
|                   | PACE        |                               |
| <b>Regulate</b>   | Ground      | Create calm around my feeling |
|                   | Breathe     |                               |
|                   | Pause       |                               |
| <b>Choose</b>     | Perspective | Choose how I will respond     |
|                   | Values      |                               |
|                   | Agency      |                               |

|                     |
|---------------------|
| What Can I Control? |
|---------------------|

|                            |
|----------------------------|
| What is Beyond My Control? |
|----------------------------|

|                              |
|------------------------------|
| What Do I Need to Let Go Of? |
|------------------------------|

|                                   |
|-----------------------------------|
| What Values Do I Want to Live By? |
|-----------------------------------|

|                               |
|-------------------------------|
| What is my next healthy step? |
|-------------------------------|

## What is My Goal?

Peace Reconciliation Closure  
Understanding Forgiveness Freedom  
Clarity Connection Hope Joy Purpose

## What Do I Need to Practice?

|               |  |                |  |
|---------------|--|----------------|--|
| Acceptance    |  | Understanding  |  |
| Forgiveness   |  | Responsibility |  |
| Boundaries    |  | Compassion     |  |
| Communication |  | Patience       |  |
| Courage       |  | Trust          |  |