

[FREE GUIDE]

6 STEPS TO PROCESSING EMOTIONS

A CBT BASED APPROACH

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Welcome!



ABOUT ME

Licensed Marriage and Family Therapist with over 10 years of experience in the field.

I enjoy helping people learn how to reconnect with themselves.

My style is open, evidenced based and non judgmental.

My background is as a Marriage and Family Therapist. I primarily use Acceptance and Commitment Therapy (ACT) which allows me to help my clients navigate the roller-coaster of emotions and take steps towards empowering themselves to make more fulfilling life choices.

After reading this guide you may say, 'Hey, emotions, I see you, and you're valid.' No more sweeping things under the rug. With your emotions aired out, then it's about choosing to move forward with purpose.

In my world of Acceptance and Commitment Therapy, it's about accepting your emotions, committing to what truly matters, and mastering the art of navigating life's emotional terrain.

It's a journey, and reading this quick guide on how to process your emotions is a great first step!

For additional support and guidance join the 8 Week Emotional Regulation Group

Malaysha Castillo

The Breakdown

Understanding your emotions is absolutely crucial to better understanding life overall! The process is about being in tune with your feelings, recognizing them, and effectively navigating them. When you know your emotions and can handle them with grace and strength, you empower yourself to make better decisions, build healthier relationships, and create a more fulfilling life.

1. TRIGGERS

Triggers are a concept taken from Cognitive Behavioral Therapy (CBT), which was a foundation of Acceptance and Commitment Therapy.

A trigger is like a flashing neon sign that says, 'Houston, we've got a problem!' It's anything that sets off a chain reaction of thoughts, feelings, and behaviors, often rooted in past experiences. It could be a person, a situation, or even a specific thought.

2. THOUGHTS

We all have automatic thoughts, those knee-jerk reactions that pop up without an invitation. It's about catching those sneak attackers, those thoughts that might be negative or self-defeating. We're talking about the 'I'm not good enough,' 'I'll never succeed,' or 'Everyone's judging me' kind of thoughts.

3. MEANING

Meaning gives your trigger a purpose. It is the secret sauce that turns ordinary moments into extraordinary memories. It's the key to unlocking a deeper you, and is uniquely yours. Own it, and watch how it transforms the way you operate.

4. URGES

Think of urges as those relentless cravings. They're like the itch you can't resist scratching, urging you to give in to certain behaviors. Urges are temporary storms that will pass. Learn to weather these urges to better process your emotions.

5. SENSATIONS

Sensations are similar to physical feelings in your body. Acknowledging them can help create more awareness regarding your experience in the present moment. Try to acknowledge them without judgment or attachment and reflect on anything you feel in the body such as muscle tension or a feeling of numbness.

6. FEELINGS

Feelings are these fleeting, ever-changing states of being. They're not good or bad; they just are. Try to witness your feelings without getting entangled in their drama. Listen, learn, and let them guide you on the journey to greater understanding.

MY EMOTIONAL CHECKLIST

Start from your trigger (if known), if unknown start anywhere which feels most prevalent

Triggers
(What just happened?)

Thoughts
(What automatically comes to mind?)

Meaning
(What about this makes it extra personal for me?)

Urges
(What are my impulses?)

Sensations
(What do I feel in my body?)

Feelings
(Can I label my emotions?)



CONNECT AND GROW

Special 8 Week Emotional Regulation Group

A supportive community committed to mutual growth

Led by a licensed marriage and family therapist

Practical tools for overcoming emotional challenges

Confidential and judgment-free environment

Tailored to meet your mental health needs

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