

對情緒有幫助的 8A

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1. **Aware**

- notice our emotions e.g. anger, frustration, guilt, disappointment etc.

2. **Acknowledge**

- pay attention to our emotions and the physical symptoms associated with it such as muscle tension, headache, chest pain, palpitation etc and locate their sites. Feel the body changes when there are emotions.

3. **Accept**

- that we are having such emotions without judging ourselves For example accept that we are angry without feeling guilty just because we think that we should not be angry say, with our mother.

4. **Alter**

- change is always possible to make us feel better. It may be at different levels such as behavior, thoughts, perceptions and expectation so as to transform our emotions such as anger into positive energy.

5. **Apply**

- choose the level of change that we think possible. Apply and re-apply in our daily life even though we may not succeed for the first few times.

6. **Appreciate**

- our efforts of trying to change for the better irrespective of whether we succeed or not.

7. **Anchor**

- the changes by experiencing the positive effect of changes at different levels of our 'iceberg'.

8. **Articulate**

- share our experience with others.