

Emotional Processing Style Tool

Your emotional processing style is how you process your emotions when in a stressful situation.

Your processing style = your feeling tone + your response tendency + your judgment biases.¹

The questions below related to each part of the equation above will help you discover your style.

- ***Feeling tone:***

- What does stress feel like in your body? It may be tight shoulders, a stomach ache, a headache, dry mouth, racing heart, or the jitters. Our bodies can tell us we are under stress if we pay attention.

- ***Response tendency:***

- What do you tend to do when you feel stressed? What is your first inclination? ...to avoid, stuff, suppress, repress, or ignore your emotions or control or avoid others, or freeze in their presence?

- ***Judgment biases:***

- What kind of mental commentary do you tend to experience when stressed? Do you mentally judge yourself or others? Do you get in a mental argument with others? Do you constant replay in your mind imagined scenarios with others?

¹ Kirk D. Strosahl and Patricia J. Robinson, *In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience*, 1 edition (New Harbinger Publications, 2015), p. 81.