Helping women heal emotionally
to live with joy, self-love & passion.

Emotional Coping Blueprint
YOUR GUIDE TO HEALTHY STRATEGIES
Hi, I’m Morgan!
I help women heal emotionally so that they can finally live with joy, self-love and passion.
I am excited to help you take the next step on your journey!
If you need help healing emotionally, please visit MorganTurley.com/healing

Emotional Coping Strategies

Having effective emotional coping strategies can make the difference between having a really bad day and a small speed bump.

If you’ve ever struggled with being able to navigate an emotionally triggering situation in a healthy and effective way... this is for you!

I mean who hasn’t, right?

Life is full of "stuff" that can trigger even on our best days.

Just knowing what strategies there are is going to help!

And then knowing which ones are Productive, which can be really helpful based on certain conditions and which are flat out Harmful is what this Blueprint is designed for.

It’s to make it clear, simple and easy on which of the 16 strategies you currently use and the others that you could use that would better serve you.
All emotions are a part of the human experience... we’re not going to completely get rid of negative in favor of only positive ones. And I don’t think we’re supposed to.

But, I believe we can (and should) change our relationship to emotion.

Any of the 16 most common coping strategies can be grouped as:

- **Productive**
- **Conditional**
- **Harmful**

You’ll see each of the 16 strategies grouped into one of these categories on the next few pages.

Each of the strategies also differs in how you deal with emotions:

- **[ intensity ]**
  - deals with decreasing the intensity of the emotion

- **[ relationship ]**
  - deals with improving your relationship to the emotion

- **[ perspective ]**
  - deals with looking at the emotion or trigger differently

Each of the strategies will be tagged with intensity, relationship or perspective to better help you understand how the strategy relates.

In the next few minutes you’ll understand the 16 different strategies, which are most effective and how you might be able to use these to better deal with emotionally challenging situations.

Let’s get started!
The strategies on this page are most helpful in regulating your emotions so that you can process through experiences in a healthy way.

**Expressive Writing**

Writing (in detail) the thoughts, feelings and experiences can be a HUGE help in processing emotions so that it becomes far less "charged" and removes the emotional trigger.

**Meditation**

Better said as "Observing my emotions" and not so much as "ohm" while sitting on a pillow. Reflecting internally so that you can notice the affects of emotions not be overwhelmed or controlled by them.

**Muscle Relaxation**

In some situations all you need is to get "out of your head" so that the emotion can pass without causing deeper reactions. Tensing and relaxing different muscle groups is a proven way to do this.

**Deep Belly Breathing**

This strategy allows you to focus on your body and get "out of your head" to help decrease the intensity of the emotion. Deep breathing sends a message to your brain to calm down to give yourself space.
Conditional Emotional Coping Strategies

These strategies can be really Productive with the right approach or very Harmful if not used to really deal with your emotions. Read below for details.

**Positive Imagery**

AKA: "Think good thoughts."

*Do Use:* after allowing emotional pain & discomfort to be present. Thinking positive thoughts is good to not be overwhelmed by emotion.

*Do Not Use:* using positive thoughts to distract yourself from emotional pain is a form of suppression (& not healthy long-term).

**Venting**

AKA: "Sharing my feelings with others."

*Do Use:* to “release” how you’re feeling to a trusted friend rather than holding in your emotions where they can fester and build tension.

*Do Not Use:* to dwell on the issue over and over again as this does not allow you to move on from the situation but fuels emotional turmoil.

**Acceptance**

AKA: "Allow my feelings to be present without judgment."

*Do Use:* to learn to tolerate difficult emotions. Negative emotions are part of life so being afraid of them and more forgiving is healthy.

*Do Not Use:* to allow difficult feelings to control our thoughts, feelings and actions. It’s not helpful or healthy to constantly focus on these.
Conditional Emotional Coping Strategies

**Cognitive Reappraisal**

*Do Use:* as a chance to step back from the situation to look at it in a new way. Often this is called "reframing" and used to learn from.

*Do Not Use:* as a "shortcut" to feeling better quicker. It doesn’t work to "force the lesson" and try to jump ahead in the process.

**Introspection**

*Do Use:* to see what emotions might be trying to tell you. They are messengers and when looked at with curiosity can teach us.

*Do Not Use:* to stay in analysis mode... sometimes bad things happen or emotions come and there’s no answer "why" or deeper meaning.

**Cognitive Restructuring**

*Do Use:* to "see through" toxic, limiting and untrue beliefs. Thoughts like "this could only happen to me" can be restructured and dispelled.

*Do Not Use:* to tell yourself it’s not okay to "feel this way." Constantly challenging your thoughts can cause you to disconnect from yourself.
Conditional Emotional Coping Strategies

- **Distraction**
  - **Do Use:** to prevent yourself from getting completely overcome by an emotion. Create space temporarily.
  - **Do Not Use:** as a long-term solution or as a way to TRY to completely block your feelings.

  AKA: "I scroll on social to escape my life."

- **Attentional Counter-Regulation**
  - **Do Use:** to create positivity and momentum towards what I want in life. Effective at keeping life and hardships in perspective.
  - **Do Not Use:** to block your feelings long-term and to not have to "deal" with the situation.

  AKA: "Try to create an opposite feeling"
Harmful Emotional Coping Strategies

These strategies don't allow you to process the experience that's causing the emotions and will cause more harm than good.

[Intensity]

**Suppression**

AKA: “Trying not to feel ANY emotions.”

Trying to push away your feelings may work for a short time. But they will return later and probably stronger than before. Plus if you don’t learn to tolerate negative emotions you may become afraid of them.

[Intensity]

**Expressive Suppression**

AKA: "Trying not to SHOW what I feel."

Hiding what you feel is exhausting! And much like “Suppression” above you’re not learning to tolerate negative emotions. Using this strategy will not make your negative feelings less intense, just hidden.

[Intensity]

**Emotional Eating**

AKA: “Eating food to feel better.”

Emotional eating is a form of Suppression and Distraction (see those for more detail) and is often used as a way to soothe or comfort when experience a difficult emotion.

[Intensity]

**Response Exaggeration**

AKA: “Masking my feelings through exaggeration.”

Using this strategy is often a way to mask true feelings (for yourself and those you’re interacting with). It’s a ineffective way to lessen the intensity of an emotion.

I know how hard it is to make changes and progress in life sometimes... especially when on a healing journey.

I know. I’ve been through it myself.

Simply knowing these 16 strategies by name and the identifying characteristics is a HUGE first step.

Now, you can take the 2 next steps:

1. Identify the strategy you typically use (usually there are several)
2. Practice using using those that serve you best.

For personal coaching and support on these 2 next steps (& beyond):

MorganTurley.com/healing