

7 Facing your feelings

This module highlights the importance of understanding and managing your emotions. Many people aren't taught why this is important or how to do it. By exploring this, you'll learn how handling your emotions can help you reach your goals in this programme.

Before we get started, please fill in your pixel tracker from page 2.



How are you feeling today?

Please describe.

Select all the emotions that apply to you.

Good

Bad

Curious

Interested

Low

Stressed

Bored

Overwhelmed

Motivated

1. Identifying emotions

1.1

Think of a recent time when you felt a strong emotion.

Describe what happened

1.2

What emotion did you feel?

Example: happiness, anger, sadness

1.3

Did you notice any physical sensations?

Example: tight chest, butterflies in stomach

2. Recognising moods

2.1

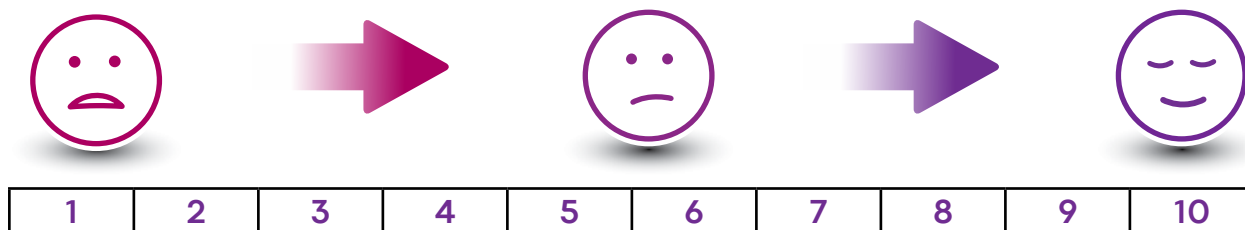
How has your mood been over the past week?

2.2

What might have influenced your mood?

Example: stress, good news

2.3 Rate your mood from 1 to 10.



1	2	3	4	5	6	7	8	9	10
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(1 = very low, 10 = very high) circle the number in the box.

3. Exploring different feelings

3.1

Recall a time when you had mixed feelings.

Describe the situation

3.2

List the different emotions you felt.

Example: anxious, excited

3.3

How would you sum up these feelings?

Example: I felt excited but anxious

Emotional coping styles

We all cope with emotions differently. Understanding whether you use approach or avoidant strategies can help you manage your emotions more effectively.

- **Approach** = acknowledging emotions and using strategies to regulate them
- **Avoidant** = escaping or denying emotions

Complete the example below to help identify your current emotional coping style and how we might explore new strategies.

Think about a recent emotional experience.

1. What emotion did you feel?



2. Which coping strategies did you use? Using the check boxes, select all that apply.

Approach

Labelling emotions

Expressing feelings

Making intentional choices
(e.g., exercise, relaxation)

Practicing mindfulness

Using cognitive reappraisal

Problem-solving

Avoidant

Ignoring emotions

Distracting through
busyness or entertainment

Numbing with substances
(e.g., alcohol, drugs)

Suppressing or pushing
down feelings

Withdrawing from others
and situations

Intellectualising
(overthinking emotions)

3. How did these strategies affect your emotions? Did they help or hinder you?

Exploring new ways of coping

1. Choose one **avoidant** style from the list you often use.

Ignoring emotions

Distracting through busyness or entertainment

Numbing with substances (e.g., alcohol, drugs)

Suppressing or pushing down feelings

Withdrawing from others and situations

Intellectualising (overthinking emotions)

2. Choose an **approach** styles from the list you could try instead.

Labelling emotions

Expressing feelings

Making intentional choices (e.g., exercise, relaxation)

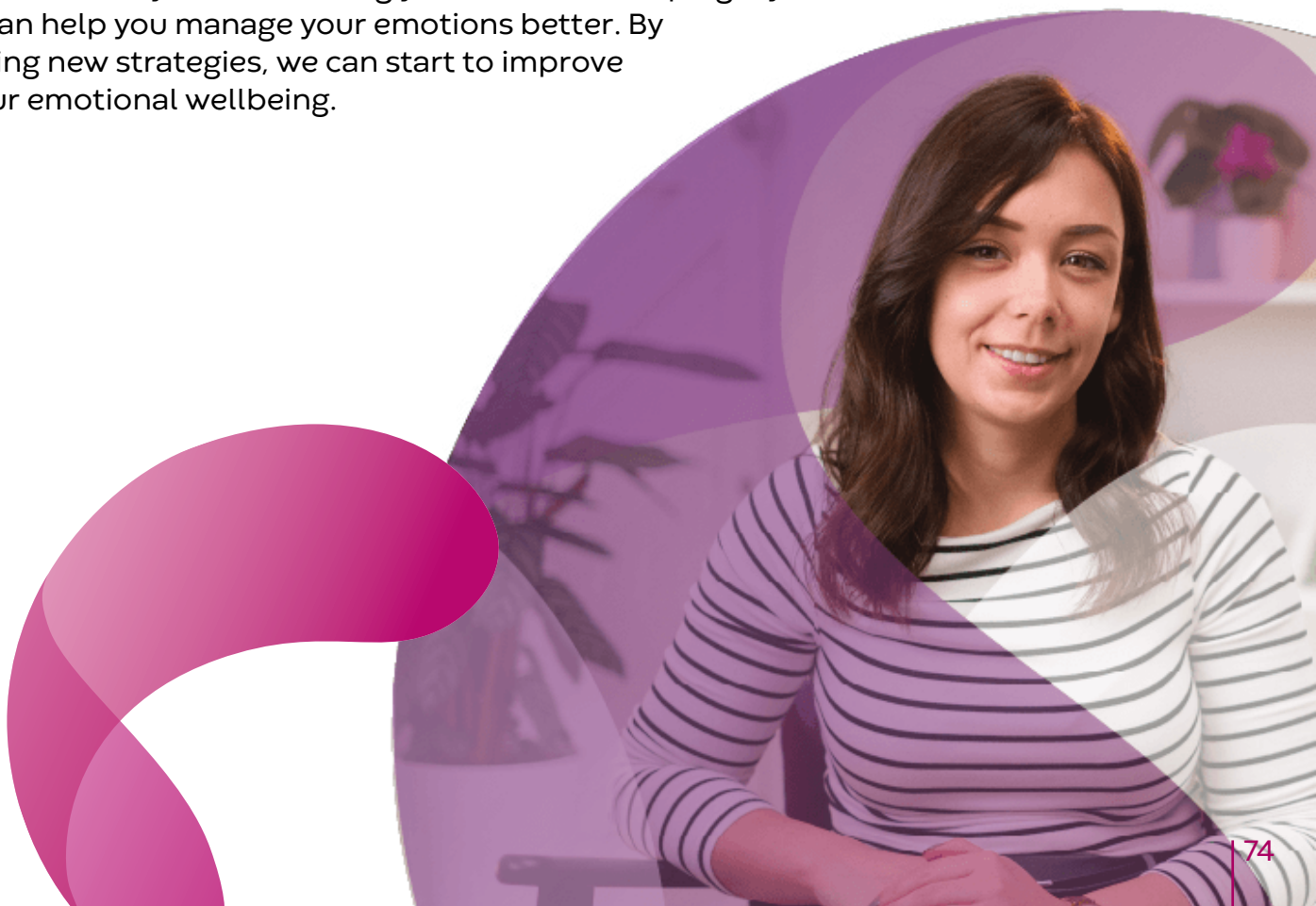
Practicing mindfulness

Using cognitive reappraisal

Problem-solving

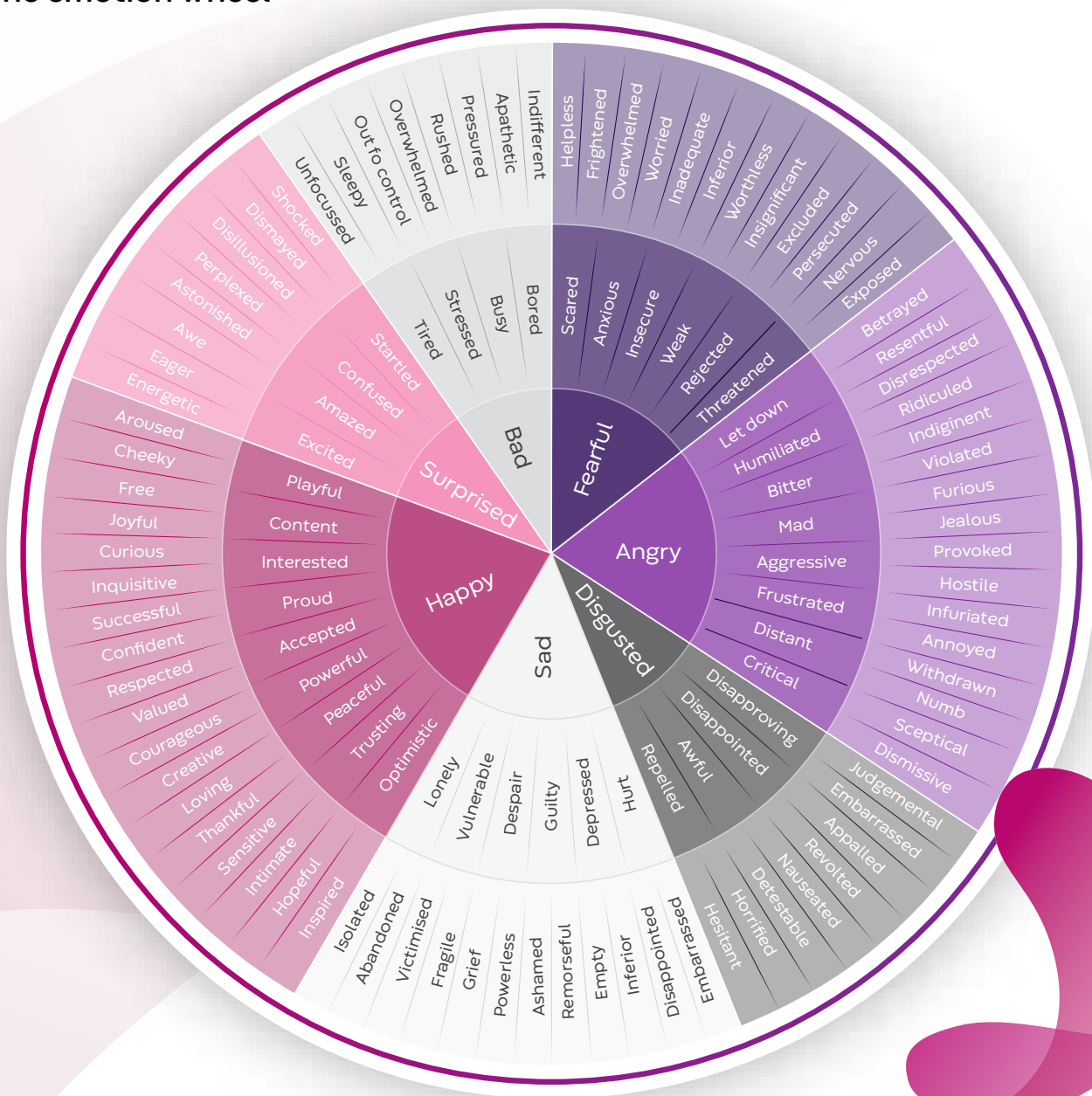
3. Plan a situation where you can use this new coping style.

Great work, by understanding your emotional coping styles it can help you manage your emotions better. By trying new strategies, we can start to improve your emotional wellbeing.



Spotting emotions

The emotion wheel



Using the emotion wheel

In the centre there are 7 basic emotions. You can use this to guide you to identify more specific emotions you are feeling.

1. Look at the centre of the wheel to find basic emotions like happiness, surprise, fear, anger, disgust, and sadness.

Place a tick in the table below against the basic emotion you are feeling right now.

Happy	Surprised	Bad	Fearful	Angry	Disgusted	Sad
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2. Move outward to identify more specific emotions related to these basic feelings.

Write down which specific emotion(s) you are feeling in the second layer of the wheel.

-
-
-
-
-

3. Select the emotion(s) that best match what you're currently feeling.

Using the outer layer of the wheel identify which emotion best describes your feelings right now.

Feel free to jot down any additional thoughts or reflections.

3.1

What might be causing these feelings?

3.2

How do these emotions affect your thoughts and actions?

3.3

Is there a strategy you can use to cope or make the most of these feelings?

Noticing your emotions

Using a pacing diary to track your emotions at different points in the day can help you build emotional awareness. You can click for a recap on-screen on how to use your pacing diary.

pm

am

Time	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

Let's reflect

During module 7 we have covered the importance of understanding and addressing your emotions. Many of us aren't taught how crucial this is or how to do it. By working with your emotions, you can progress toward achieving your goals in this programme.

For this module's home practice, keep up with everything you have been doing so far.

Add in time to your day to observe and label your feelings and emotions, make sure to keep a record of this in your pacing diary.

Before you go, how are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number.



1	2	3	4	5	6	7	8	9	10
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Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or
email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or
email connection.nz@convatec.com

Notes





Guiding the way to confident living
with intermittent catheterisation

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