

# ACTION GUIDE

## Externalization And Transforming Emotions:

### **Purpose:**

To externalize the child's emotion and help the child transform the emotion into something else.

### **Setup:**

Parent and child. You can have the paper to read from and write on, and try to make the paper "public" so that you share it with the child, show them the list of characteristics if they can't remember them, etc.

If possible, do the exercise with two adults first to get comfortable with the process.

Below in the guided process, I use Anger as the emotion. When you work with any other emotion than Anger, just substitute that emotion wherever it says Anger.

The exercise starts by you asking your child for the metaphor for the Anger - ie. what the Anger is like.

**Parent: "When you think of a situation (like the other day when \_\_\_\_\_) where your anger was very intense inside of you, - what was the anger inside of you like?"**

(If the child doesn't understand the question, you can say: "Was it more like an angry monster, or like a volcano that went off, or like a bomb that exploded, - or was it like something else happened inside of you?")

The child's metaphor for Anger: \_\_\_\_\_

**Parent: "Now close your eyes - and check inside yourself - while answering the following questions:"**

**"Where do you feel the Anger - in the head / chest / stomach / somewhere else:**  
\_\_\_\_\_ (Write answer)"

**"How big is it in there? Show me with your hands."**

**"Is the Anger: - - - -"** (Please circle the answer below or write the child's answer if different)

**"Warm - Cold - or Body temperature?"**

**"Light or Heavy?"**

**"Hard or Soft?"**

**"Solid - Fluid - Airy - or Energy-like?"**

**"Quiet or Moving?"**

**"Dark or Light?"**

**"White - Black - Red - Blue - Green - Yellow - or some other color?"**

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**Parent: "Thank you."**

# ACTION GUIDE

## Transformation of the Anger:

**Parent: "Do you want to Transform the anger?"**

(If yes, say: **"Excellent"** or **"Are you ready?!"** - and then proceed below. )

(If no, say: **"That's fine. Thank you. What did you learn about your Anger today?"**)

**"Close your eyes again and imagine that you can take out your anger."**

Move your own hands like you are taking out an emotion from yourself from the same location as the child felt his emotion.

If difficult for the child, you can say: **"You can just pretend to take it out."**

If still difficult, you can ask permission to take it out. Only do it if you get a clear **"Yes."**

**"Does it feel ok to take the emotion out?"**

(If yes, continue below.)

(If no, say: **"That's also fine. Just leave it where it was. Should we continue?"**)

**"Imagine, now, that you can change one of the things about the Anger that we described it with on the last page. For example, the color or texture.**

**Which one would you like to change?**

(Wait for answer.)

**If you imagine that you make this one change - what else changes about the emotion?**

(Please note that the emotion may no longer be Anger, so from here on just call it the emotion!)

**"How big is it now? Show me with your hands."**

**"Is the emotion now - - - -"**

(Please circle the answer below or type the child's answer if different)

**"Warm - Cold - or Body temperature?**

**"Light or Heavy?**

**"Hard or Soft?**

**"Solid - Fluid - Airy - or Energy-like?**

**"Quiet or Moving?**

**"Dark or Light?**

**"White - Black - Red - Blue - Green - Yellow - or some other color?"**

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# ACTION GUIDE

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**“Is the emotion still Anger or did it become some other emotion?”**

**If changed: What did it become?**

**“What is that emotion called?”**

**“How does it change your life when the emotion is like that instead?”**

**“What situations are affected by this change?”**

**“Who around you will discover this change - and how?”**

**“Do you want to keep the emotion as it is in the new version?”**

**“How would it be if you keep it like that?”**

**“How have you changed as a person of this change?”**

**“Thank you.”**