

MENTAL
HEALTH
SERIES
SESSION 1



Understanding Negative Feelings



Presented by Chris Guzniczak, LPC
Flower Mound Counseling

TODAY'S DISCUSSION

- Introduction
- The role of your brain
- Understanding your negative feelings
- Positive Reframing



Flow
Co





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LICENSED PROFESSIONAL COUNSELOR

EXPERIENCE

Partner and counselor at **Flower Mound Counseling**

Individual, Couples, & Groups

CERTIFICATIONS

TEAM CBT Level 3

Gottman Institute Level 2

First Responder Counseling, Professional Coaching, & Christian

Caregiver training





UNDERSTANDING NEGATIVE FEELINGS

The role of your brain

- KEEPS YOU ALIVE
- LIKE A PROCESSOR
- INPUTS INFORMATION
- MEMORY, EMOTIONS, ACTIONS, SPEECH,
LEARNING, MOTIVATION, REGULATION





WHY DO I FEEL THIS WAY?

IS SOMETHING WRONG WITH ME??

POSITIVE REFRAMING



Identify a Negative Feeling and
Explore 3 Questions

IS IT APPROPRIATE?

In what ways is the feeling appropriate?

BENEFITS OF FEELING EMOTION?

What benefits or value do you experience because of this painful feeling? Why would your brain want you to feel it?

POINT TO CORE VALUES?

What does this feeling show about you that is positive and awesome? Does it point to values or characteristics about you?

POSITIVE REFRAMING



Thought or Feeling List each negative thought or feeling you are analyzing here. Work on them one at a time.	Advantages What are some advantages, or benefits, of this negative thought or feeling?	Core Values What does this negative thoughts or feelings show about you that is positive and awesome?
1.		
2.		
3.		
4.		

POSITIVE REFRAMING



Benefits

Core Values

Anxiety /
Worry /
Overwhelmed



POSITIVE REFRAMING



Benefits

protective
helps me prepare for worst
motivation to change
hyper-aware

Core Values

Anxiety /

Worry /

Overwhelmed



POSITIVE REFRAMING



Anxiety /
Worry /
Overwhelmed

Benefits

protective
helps me prepare for worst
motivation to change
hyper-aware

Core Values

others wellbeing
others happiness
nurturing
accountable



POSITIVE REFRAMING



Group Activity

1. **Identify a Negative Feeling**
2. **Share Advantages and place in column 2**
3. **Share Core Values and place in column 3**
4. **Repeat for as many feelings as you like**

Thought or Feeling List each negative thought or feeling you are analyzing here. Work on them one at a time.	Advantages What are some advantages, or benefits, of this negative thought or feeling?	Core Values What does this negative thoughts or feelings show about you that is positive and awesome?
1. Anxiety	Protective, prepared For the worst, hyper-aware	Others wellbeing, others Safety, nurturing, accountable
2. Depression		
3. Anger/Frustration		
4. Guilt/Shame		



POSITIVE REFRAMING



Depressed /
Down /
Hopeless

Benefits

slows things down
process loss
allows me to be alone
learn to empathize

Core Values

I care deeply about ___
shows courage to love
empathetic / real



POSITIVE REFRAMING



Anger /
Frustrated /
Resentful

Benefits

focus / motivation

feel strong

give me a voice / confidence

protection (physical/emotional)

Core Values

points to core values
(justice, fairness)

morals / authentic

high expectations



POSITIVE REFRAMING



Guilt / Shame

Benefits

learning from it
helps me do the right thing
comfortable / feels safe
I control it (not a victim)

Core Values

strong morals
family / relationships
honest / accountable
humility / strength



POSITIVE REFRAMING



Thought or Feeling List each negative thought or feeling you are analyzing here. Work on them one at a time.	Advantages What are some advantages, or benefits, of this negative thought or feeling?	Core Values What does this negative thoughts or feelings show about you that is positive and awesome?
1. hopeless	Protection of my emotions I've earned it	Caring for something or someone depth Morals empathy sympathy
2. Anxious/worry	Awareness Protection Being prepared for the worst	Connection with others Selfless Nurturing Being nice Friendship Love Caring
3. Angry/frustration	Strength Motivation Protect from deeper feelings Relief (feels good) Confidence	Deep care for something Commitment Authentic High expectations Morals
4. Shame/guilt	Comfortable Safe Learn from it Do the right thing Something I can control (not victim)	Morals Family Relationships Humility / Honesty Accountability Strength Authenticity
5. Loneliness	Protection from social situations Learn from it (about yourself) Signal that you need others	Relationships and connection Love Compassion Courage (to love)

David Burns MD, from “The Feeling Good Handbook,” copyright 1989

Chris Guzniczak, LPC, feedback from individual clients, 2018-2024

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