**Second Self-knowledge Worksheet for Responding to Emotional Distress**

Sometimes people who are grieving can be quite distressed. Reflecting on how you feel and react when people around you are expressing high levels of emotion will assist you to feel more comfortable when providing support to them.

**Self-knowledge Q2: What is it about dealing with distressed and/or grieving people that you find most challenging? (If you have not had the experience of being with someone who is distressed, are there aspects of providing support to someone in that state that worry you? If so, what?)**

**The following questions may help you to identify what concerns you about supporting someone who is very distressed:**

1. **Do you struggle with responding to one emotion more than others? If so, what emotion/s do you find hard?**

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1. **Are there certain situations that you find harder eg on-line, phone, face-to-face, individual or group situation?**

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1. **Can you identify what is it about responding to high levels of emotions that you find difficult? Is it related to: Please circle all that are relevant**
2. Your expectations of yourself and / or the expectations of the distressed person?
3. Feeling helpless to improve the situation for the person?
4. Lack of practice because it doesn’t happen that often?
5. Lack of confidence in being able to manage the situation?
6. Other/s?

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