

Name \_\_\_\_\_

Date \_\_\_\_\_

### SELF-TEST: FLOODING

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|-----|--|-----|----|
| 1.  | At times, when I get angry I feel confused.                              | Yes | No |
| 2.  | My discussions get far too heated.                                       | Yes | No |
| 3.  | I have a hard time calming down when I discuss disagreements.            | Yes | No |
| 4.  | I'm worried that I will say something I will regret.                     | Yes | No |
| 5.  | I get far more upset than is necessary.                                  | Yes | No |
| 6.  | After a conflict I want to keep away or isolate for a while.             | Yes | No |
| 7.  | There's no need to raise my voice the way I do in a discussion.          | Yes | No |
| 8.  | It really is overwhelming when a conflict gets going.                    | Yes | No |
| 9.  | I can't think straight when I get so negative.                           | Yes | No |
| 10. | I think, "Why can't we talk things out logically?"                       | Yes | No |
| 11. | My negative moods come out of nowhere.                                   | Yes | No |
| 12. | When my temper gets going there is no stopping it.                       | Yes | No |
| 13. | I feel cold and empty after a conflict.                                  | Yes | No |
| 14. | When there is so much negativity I have difficulty focusing my thoughts. | Yes | No |
| 15. | Small issues suddenly become big ones for no apparent reason.            | Yes | No |
| 16. | I can never seem to soothe myself after a conflict.                      | Yes | No |
| 17. | Sometimes I think that my moods are just crazy.                          | Yes | No |
| 18. | Things get out of hand quickly in discussions.                           | Yes | No |
| 19. | My feelings are very easily hurt   | Yes | No |

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| 20. | When I get negative, stopping it is like trying to stop an oncoming truck.    | Yes | No |
| 21. | My negativity drags me down.  | Yes | No |
| 22. | I feel disorganized by all this negative emotion.                             | Yes | No |
| 23. | I can never tell when a blowup is going to happen.                            | Yes | No |
| 24. | When I have a conflict it takes a very long time before I feel at ease again. | Yes | No |

**Scoring:** If you answered “yes” to more than eight statements, this is a strong sign that you are prone to feeling flooded during conflict. Because this state can be harmful to you, it’s important to let others know how you are feeling. The antidote to flooding is to practice soothing yourself.

There are four secrets of soothing yourself: breathing, relaxation, heaviness, and warmth. The first secret is to get control of your breathing. When you are getting flooded, you will find yourself either holding your breath a lot or breathing shallowly. Change your breathing so it is even and you take deep regular breaths. Take your time inhaling and exhaling. The second secret is to find areas of tension in your body and first tense and then relax these muscle groups. First, examine your face, particularly your forehead and jaw, then your neck, shoulders, arms, and back. Let the tension flow out and start feeling heavy. The secret is to meditate, focusing your attention on one calming vision or idea. It can be a very specific place you go to that was once a very comforting place, like a forest or a beach. Imagine this place as vividly as you can as you calm yourself down. The fourth part is to imagine the body part becoming warm.