

This snakes would be
suddenly given a
snake



**ASSIGN
BUSTER**

This technique consists of three stages: (a) First, a list of the hierarchy which produces an emotion (say fear) is prepared. The list will contain various situations arranged in a hierarchical order which ranges from least fear producing to highest fear producing.

(b) Second, an individual is taught to relax. (c) Third, the situation from the list of the hierarchy which produces least emotion (i. e., fear) is presented to an individual.

If there is no fear expressed, he/she is exposed to another situation from the list of the hierarchy. If still there is no emotion (i. e.

, fear) he is exposed to another situation and so on till the situation producing the highest amount of fear is exposed to him. If at any stage the individual shows fear, he is taught to relax in the presence of the fear producing situation. In this way an individual is gradually made to control his emotions and relax during an emotional state.

2. Flooding:

In this situation an individual is presented with a fear-producing situation, in a non-threatening manner. For example, a woman who is afraid of snakes would be suddenly given a snake in her hand.

The person learns that the snake is not harmful even when it is held in the hand. Hence, gradually she will lose her fear of snakes.

3. Self-statements:

Emotions can be Overcome when we reassure ourselves with self- talking or expressing self-directed statements to control our feelings. For example phrases like “ Relax”, “ Don’t get angry, keep cool!” etc.

can help us to control our emotions.

4. Coping strategies:

Many emotions can be controlled when we learn the strategies or techniques of handling emotional situations appropriately. Some such coping strategies are: (a) Learn to increase your stress tolerance level. Lack of tolerance leads to frustration, anxiety and anger. (b) Do not get upset over minor things.

(c) Keep your goals within manageable and realistic limits. (d) Relaxation, exercises, sports, good sleep, good food, etc. can help to control emotions, (e) Being humorous helps us to control emotions. (f) Try to find out the cause of our emotion and try to prevent it in future. (g) Count to ten before you speak. It diverts attention and dulls the feeling. (h) Engage yourself in an activity that does not require concentration, e.

g., gardening, cleaning up the cupboard, etc.