



Omgaan met
emoties



Ontstaan van stress
en negatieve
gevoelens



Leren



Observatie
zonder
oordeel



Accepteren
en
verdragen



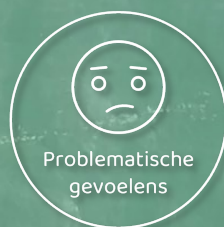
Zelf-
ondersteuning



Analyseren



Reguleren



Problematische
gevoelens



Reservesessie



Evaluatie en
afscheid



© De Ander



*"You have to
name it
To tame it"*



Observatie
zonder
oordeel



Hoe ontstaan de
problemen?



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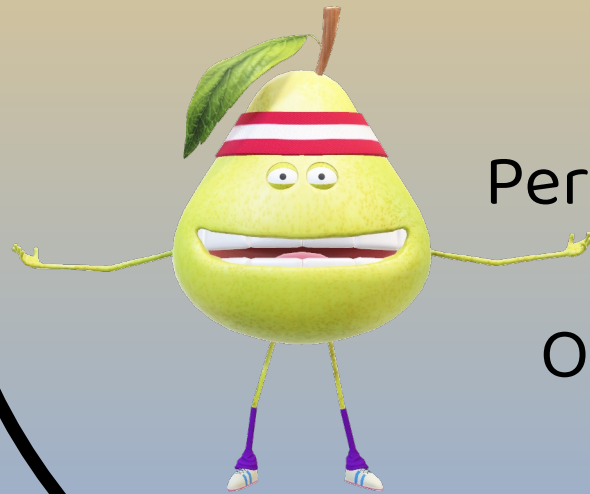
Observatie zonder oordeel

Wat heb je allemaal opgemerkt
tijdens het bekijken van het
filmpje?

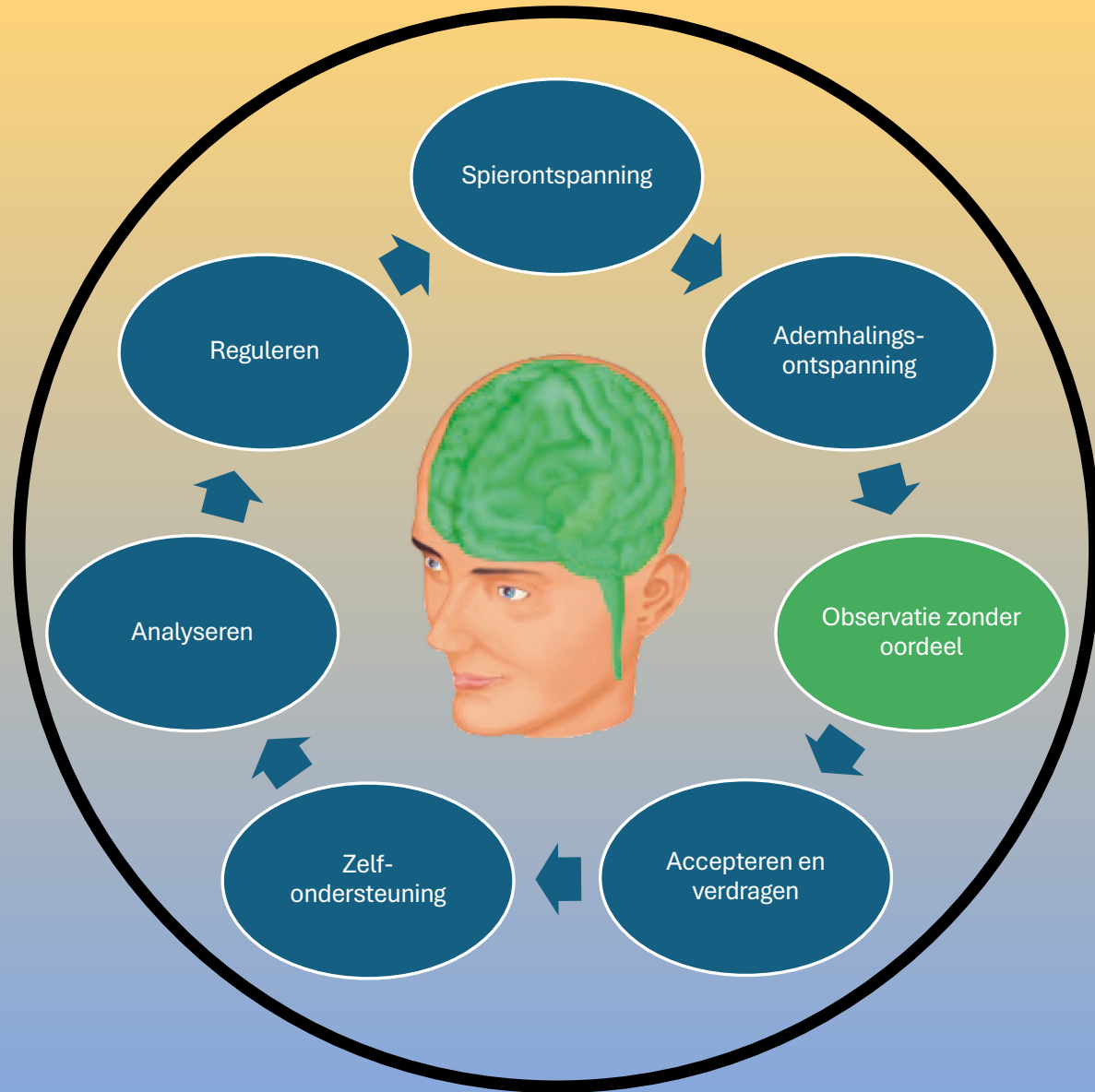
Wat heb je geobserveerd bij jezelf
tijdens het kijken? Wat na het
kijken?



Observatie
zonder oordeel



Per 2 t.o.v. elkaar
zitten
Ogen sluiten



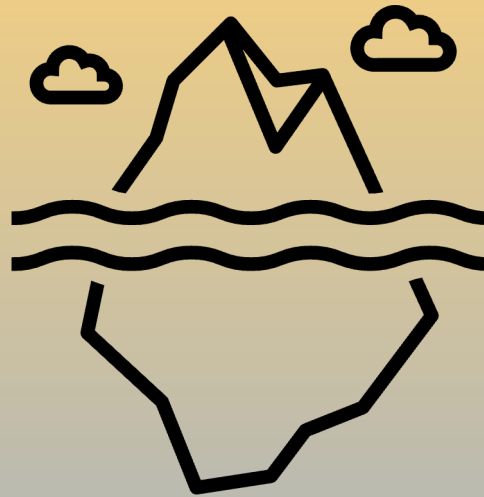


Observatie
zonder oordeel

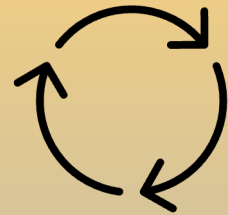
Beoordelen en reageren

>>>>

Observeren zonder oordelen



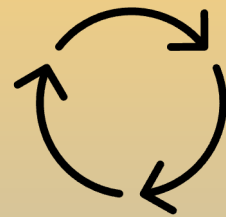
Hoe ontstaan de
problemen?



... door viciëuze
cirkels!





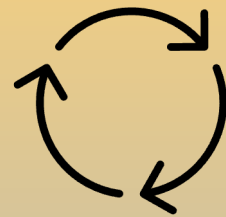


Hoe ontstaan de
vicioze cirkels?

Prikkeling van de
amygdala

Negatief
denken





Hoe ontstaan de
vicioze cirkels?

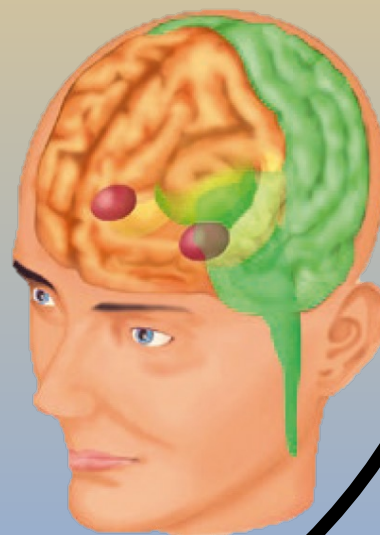
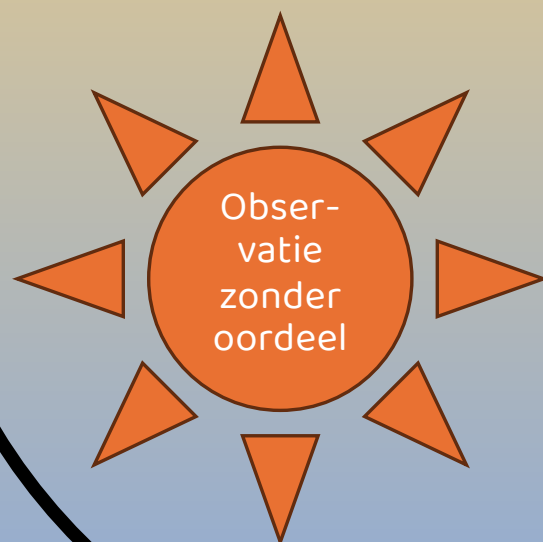
~~Prikkeling van de
amygdala~~

~~Negatief
denken~~



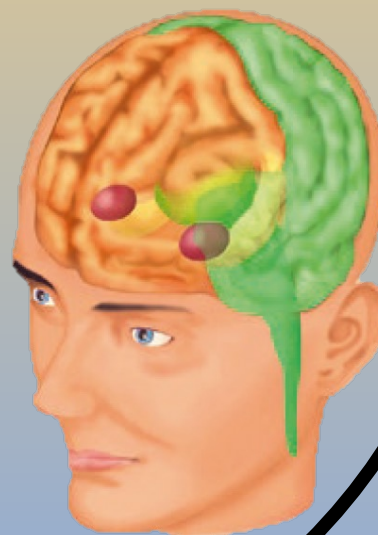
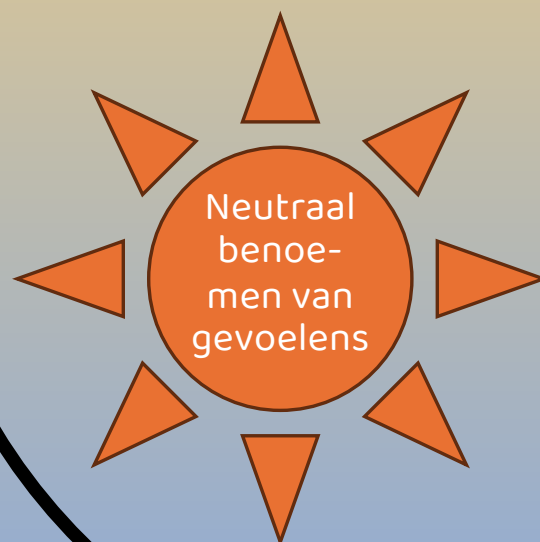


Competentie 3





Competentie 3



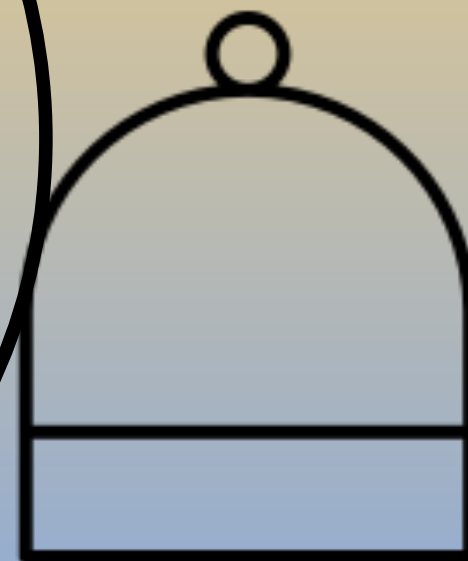


Competentie **3**





Competentie **3**



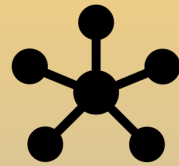


Competentie 3

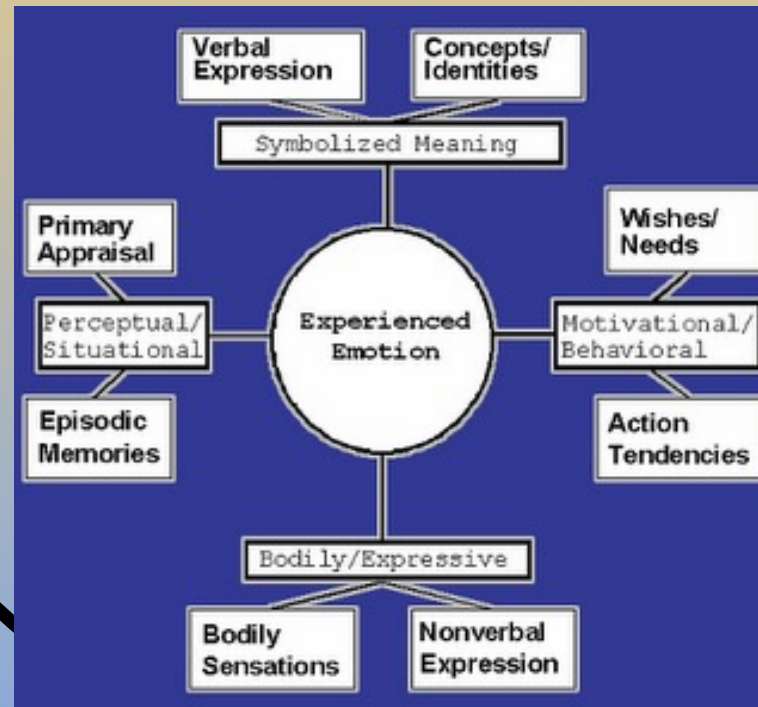


**WHEN STRONG
EMOTION THREATENS
TO TAKE OVER...**

**NAME IT SO YOU CAN
TAME IT.**

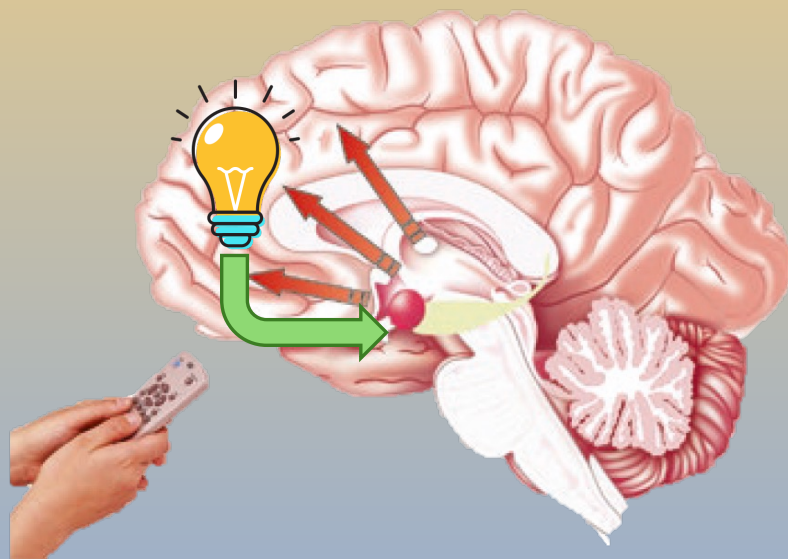


Emoties zijn
knooppunten



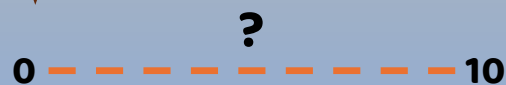
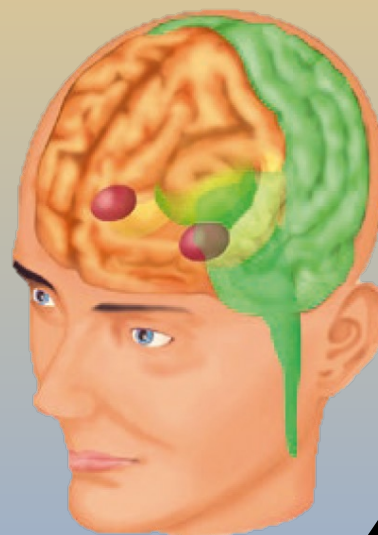
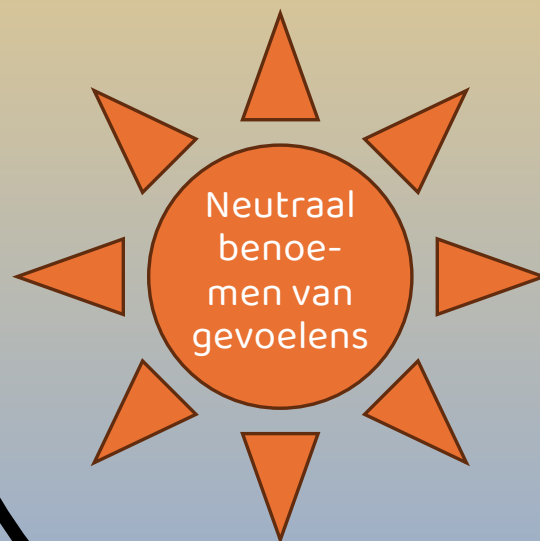


Competentie 3





Competentie 3

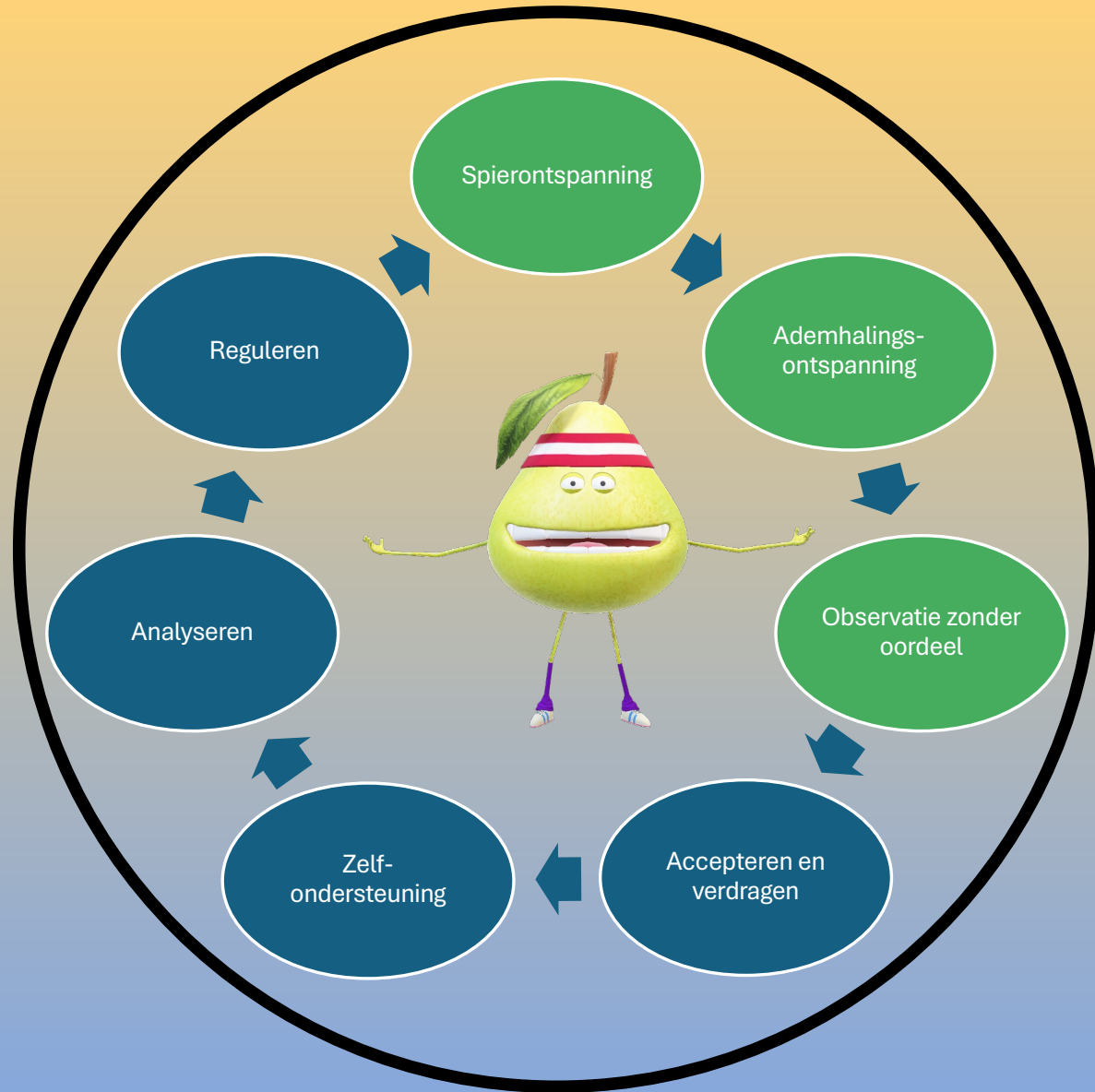






Gericht observeren

1. **Aandacht op ademhaling**
zonder te beïnvloeden
2. **Aandacht op alles wat we observeren bij onszelf**
(lichamelijk, gedachten, gevoelens, neiging om te handelen,...)
3. **Benoemen** wat je observeert
4. Opnieuw stap 2 > stap 3 etc.





Huiswerk

1. Min. 1x/dag oefenen
-> audio: deander.be/emoties
2. Evaluatieformulier
invullen