

Toolkit 1 Pre intervention

Learning Unit 6

Learning from Experience – Rely on Collective Intervention Capacities

2. Are you aware of your negative feelings, before engaging in an emergency intervention?



No

Activity 2a



Exercise

Please write on a paper sheet, divided into three columns, the following steps:

1) Write a negative feeling (left column):

(e.g.) *I feel insecure...*

2) Which really means (middle column):

(e.g.) *I feel insecure when there are no specific rules to follow...*

3) Reframe (right column):

(e.g.) *I prefer to have specific rules to follow in order to avoid feeling insecure, but if I don't, it isn't the end of the world. Many people may feel the same at one time or another. I might not like it, but I can cope with it.*