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Bridging Emotions

Material 8 ½ x 11 paper, markers

Fold paper into 3 even sections.

Section 1: Client chooses one emotion (mad, sad or scared) and writes the word at the top of the page

Section 3: Client chooses the opposite emotion (i.e, happy, relaxed, calm) and writes this word at the top of the page.

Section 2: Client draws a horizontal line in the middle of the Section 2 ---- this is the bridge---the bridge that connects the two emotions.

Above the bridge, write how you go from feeling "sad" to "happy"-What do you do for yourself?

Below the bridge, write how other people help you move from feeling sad to happy.

Great exercise to recognize inner and external sources of support.

Additional questions regarding the bridge:

Where are you on the bridge right now? Where have you been? What is your goal (regarding placement on the bridge)? What changes need to occur in order for you to reach your goal?