



Use [Worksheet 4-8](#) to experiment. Notice the next time you feel angry, sad, anxious or lonely. Then, use doing or being mode to notice what effect they have on the emotion. Remember, doing mode is about avoiding or fixing the emotion whereas being mode is about allowing, accepting and being with it with a sense of kindness and curiosity.

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**Worksheet 4-8      Exploring Doing and Being Mode on Emotions**

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<i>Emotion</i>	<i>Effect of Using Doing Mode to Fix the Emotion</i>	<i>Effect of Using Being Mode to Gently Explore the Emotion</i>

We hope you'll discover that doing mode causes you to fall deeper into the emotion, whereas as being mode, although uncomfortable and counter-intuitive at first, leads you to stop fighting with the emotion and that it dissipates with time.