



## 華人警訊服務中心 Chinese Community Policing Centre



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### Modified Push-Button Technique

This long-standing therapeutic technique is best practiced in a peaceful environment, free from audio or visual distractions.

**Step 1:** Close your eyes and recall a very pleasant memory; a time when you felt happy, loved, successful, etc. Recreate this image in your mind in as much detail as possible. Focus strongly on the positive feelings generated by this pleasant memory. After having relived the memory and experienced these positive feelings, open your eyes when you are finished, and move on to step 2.

**Step 2:** Again, close your eyes and recall a very unpleasant memory; a moment in time when you felt sad, unloved, unsuccessful, etc. Like in step one, recall this memory in all of its clarity. This time, focus on the unpleasant feelings created by the memory. Open your eyes when you're done and move on to step 3.

**Step 3:** Repeat step 1. You may use the same memory, or another extremely pleasant one. Open your eyes once finished.

Reflect: What did you learn from your experiences in this exercise? You can use the space below to jot some notes if you'd like



## Creating your own Emotions

Modified Push Button Technique





## Rationale

Sometimes we forget that we are the ones in control of our emotions. This can be observed when we say things like “you’ re making me angry” or “they made me sad.”

The purpose of this pamphlet is to help you to realize your control of your emotions, and to make the most of this autonomous power.

The thoughts or images we actively create in our minds can bring forth certain types of corresponding feelings.

You can monitor the relationship between your thoughts and feelings; you hold the power to create and maintain your feelings. In daily life, you can, as you did in this exercise, quickly interrupt or shift from unpleasant feelings to more pleasant ones.

## The Choice is yours



## Pushbutton Takeaway

You can use the buttons on the back panel of this pamphlet, or create some invisible ones of your own to keep with you always. These buttons can be used to control the images and associated feelings you can create.

When you push the negative pushbutton, you will create unpleasant images that negatively impact how you feel.

When you push the positive pushbutton, you will create pleasant images that positively affect how you feel.

Whatever the situation, choice is always up to you.

