



Self-Awareness & the VCPR

Angie Arora, MSW, RSW

Veterinary Social Worker specializing in
Veterinary Mental Health & Wellbeing

Self-
Awareness

Emotional Awareness
+
Thought Awareness

Self-Suppression

When we suppress thoughts and emotions, we push them out of conscious awareness. When we do this, we hope that the thoughts and emotions will go away and no longer affect us in any way.

Tchiki Davis, Psychology Today

Self-Awareness

Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection.

Courtney E. Ackerman, Psychology Today

Impacts of Suppression

Emotions:

Numbing behavior

Dysregulated behavior

Stress-related physical impacts

Thoughts:

Surge in unwanted thoughts

Rebound effect

Rumination

Benefits of Self-Awareness

1

Better understand and process your emotions

2

Understand how your behaviours impact others

3

Notice mindset patterns and behaviours that require shifting

4

Improve your ability to respond instead of react

5

Improve decision making with greater clarity

VCPR



1

Better understand
and process your
emotions

- Euthanasia
- Moral distress

2

Understand how your
behaviours impact
others

- Client reactions
- Conflict with colleagues

3

Notice mindset
patterns and
behaviours that
require shifting

- Cognitive distortions

4

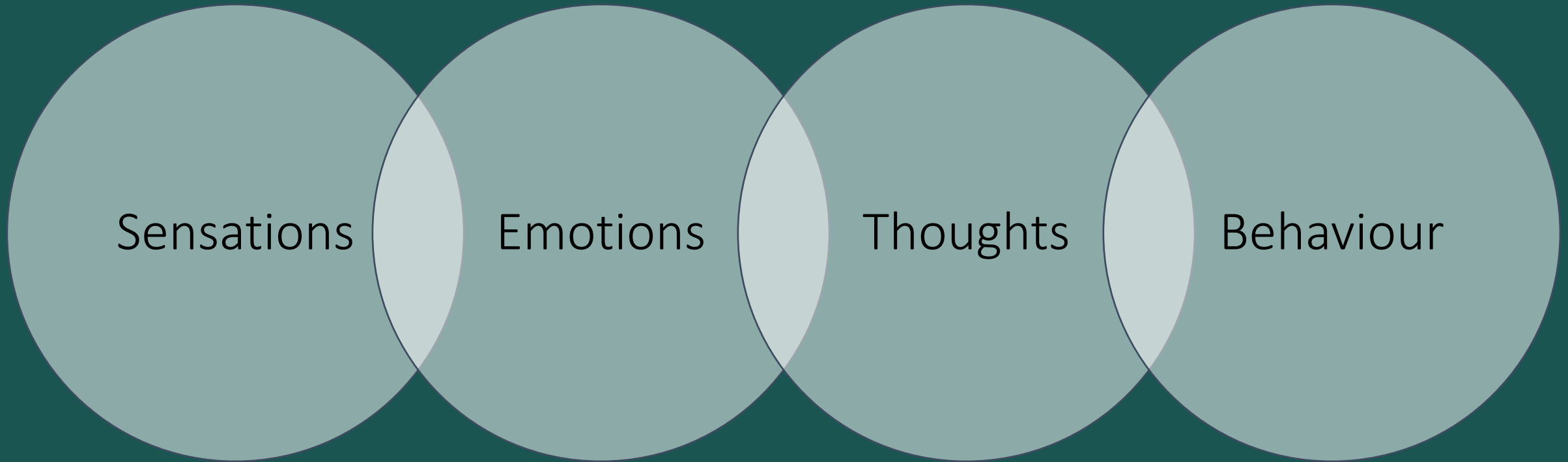
Improve your ability
to respond instead of
react


- Manage irritability with
clients and colleagues

5

Improve decision
making with greater
clarity

- More confidence in
spectrum of care decisions





Emotional Awareness

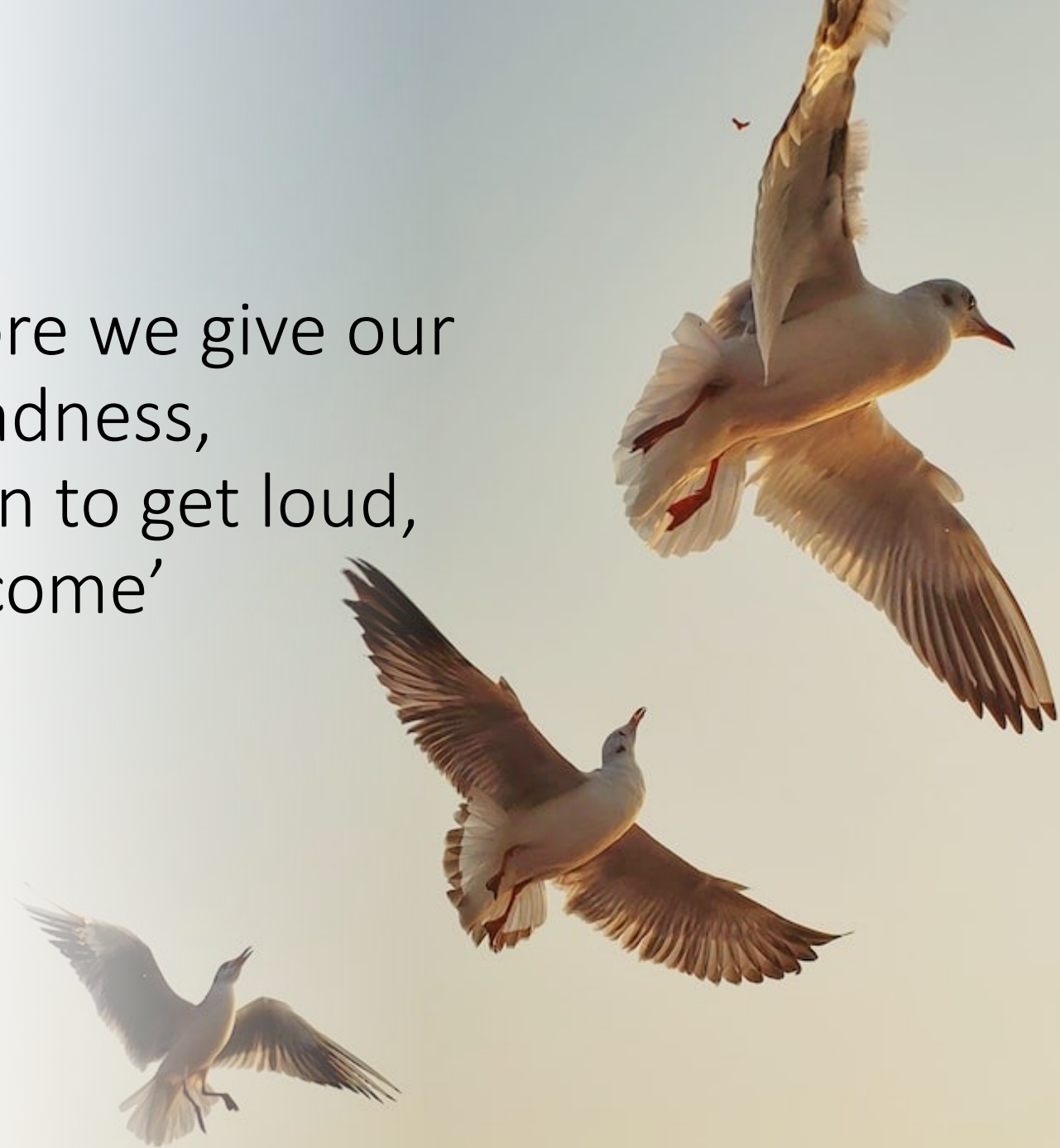
Toxic Positivity

Validation & Acceptance

<p>“Excessive and ineffective overgeneralization of a happy, optimistic state across all situations. Results in the denial, minimization, and invalidation of the authentic human emotional experience.” –The Psychology Group</p>	<p>Acknowledge, verbalize and release the full range of emotions (emotional agility)</p>
<p>Don't worry, be happy! Stay positive. It could be worse. It is what it is.</p>	<p>I'm here and I'm listening. I'm sorry this is happening. I see this is causing you some stress. This is hard. How can I help?</p>
<p>Surface Acting</p>	<p>Deep Acting</p>

'The irony is, the more we give our
anger, fear, worry, sadness,
whatever, permission to get loud,
the quieter they become'

@feltsensewpg



Emotional Awareness

Are you in
tune with
your
emotions?

Are you
comfortable
naming your
emotions?

Do you
know how
to feel and
process your
emotions?

Do you have
safe spaces
to express
your
emotions?

A small, brown, spiral snail is positioned at the bottom center of a piece of white, heavily textured paper. The paper has a rough, fibrous appearance with many small dark specks and a torn, irregular edge on the right side. The background to the right of the paper is a solid, light gray.

Go Slow

Are you in tune with your emotions?

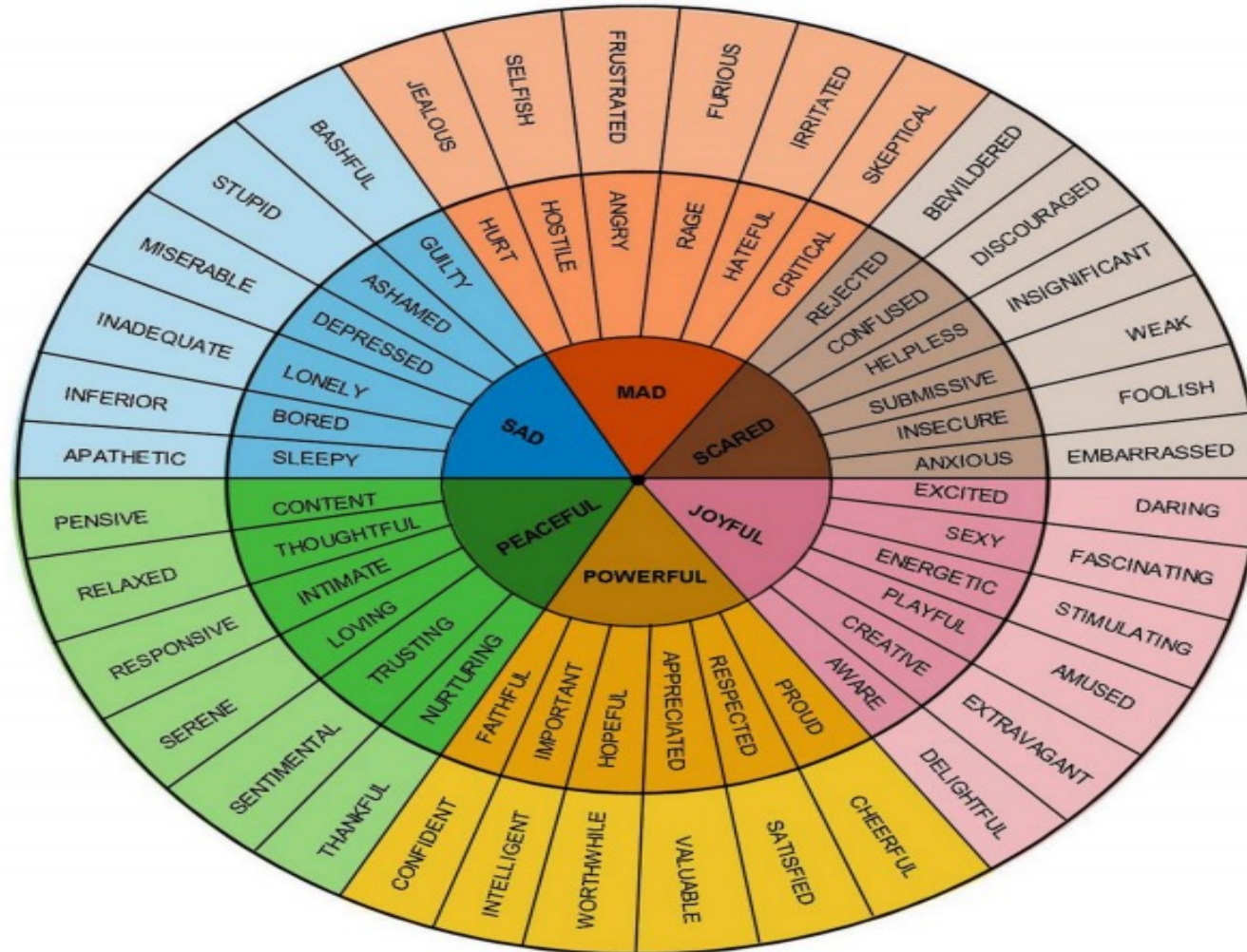
Body

What in my body am I feeling?

Emotions

Are there emotions surfacing?

Are you comfortable naming your emotions?



Source: Feeling Wheel from Willcox, Gloria (1982): "The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy"

Do you know how to feel and process your emotions?

Body	Where in my body do I feel it? What sensations am I feeling?
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Emotions	What am I feeling? Name the emotions.
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Needs	What do I need right now?
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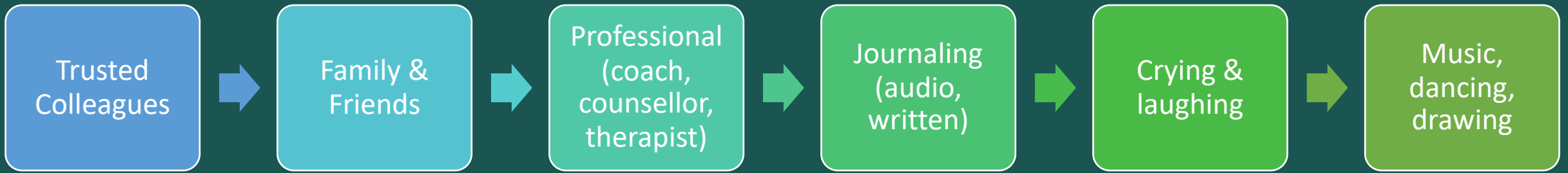
Name It

Feel It

Shift It (if required)

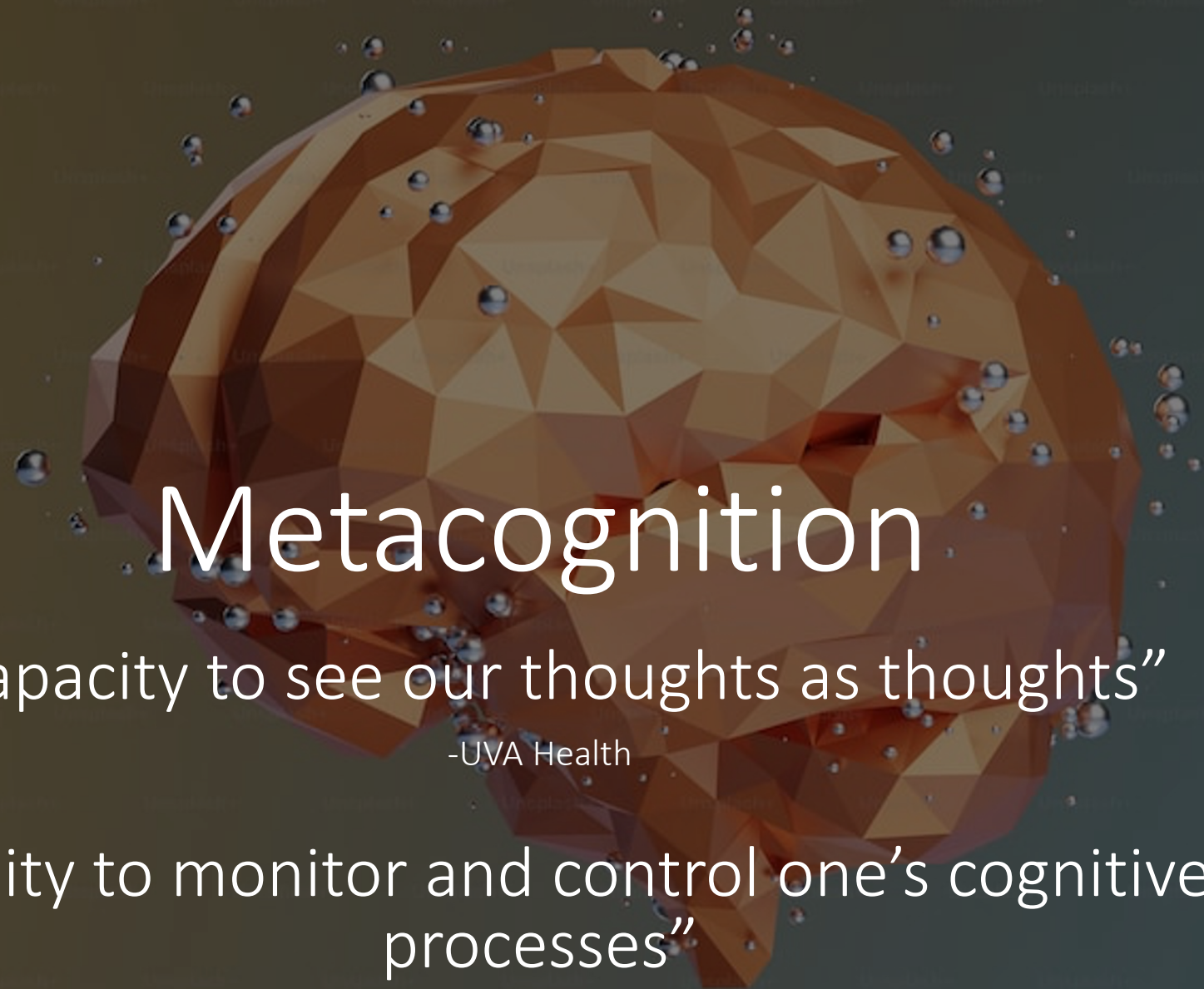


Do you have safe spaces to express your emotions?





Thought Awareness



Metacognition

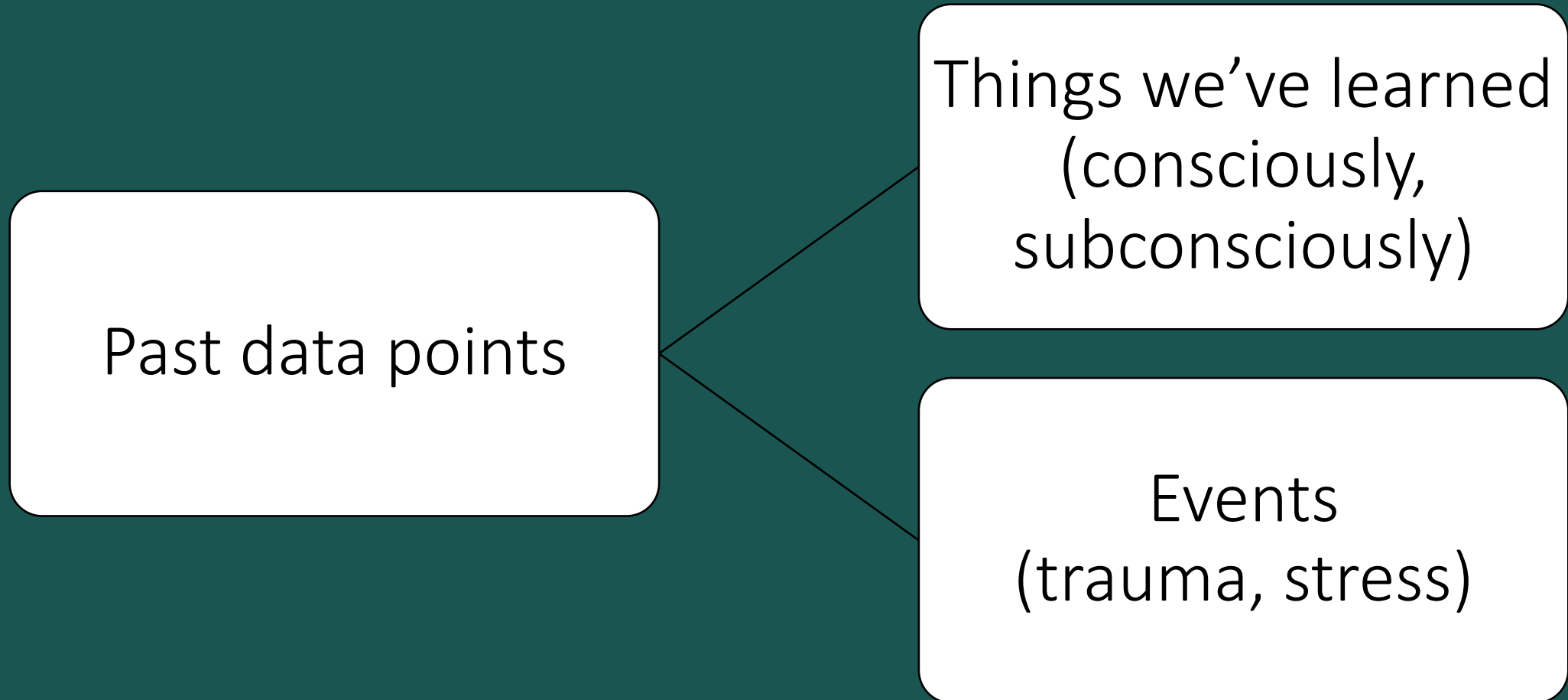
“Capacity to see our thoughts as thoughts”

-UVA Health

“Ability to monitor and control one’s cognitive processes”

-Fleur & van den Bos

Where do our thoughts come from?



“Whenever you get triggered, somebody pulled that trigger, perhaps, but who’s the one carrying the ammunition? How you handle the people who trigger you that’s your call. But at least know you’re the one with all the explosive inside you”.

–Dr. Gabor Mate

Get Curious

When I feel like this, what patterns are coming up for me?

What purpose does my response serve?

What 'story' am I telling myself?

What do I need to let go of?

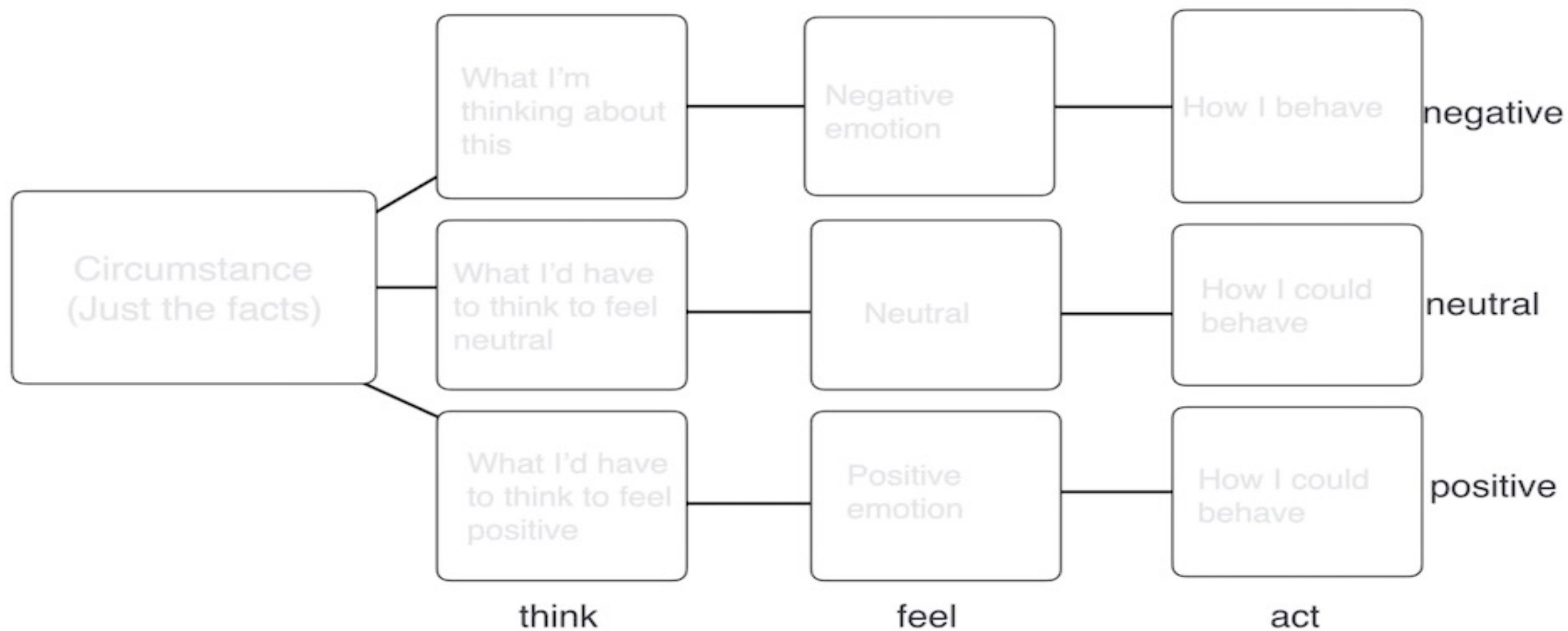
What's here for me to learn?



Reframing

Learn to look at
things in a new way

Think-Feel-Act Cycle





Gratitude – Vitamin G

Dispositional/Emotion

Produces dopamine and
serotonin

Mindfulness

Practice!

The background of the image is a close-up, slightly blurred view of handwritten musical notation on aged, yellowed paper. The ink is dark brown or black, and the handwriting is a cursive style, likely from a 19th-century manuscript. The notes and stems are clearly visible, though the focus is soft, creating a sense of depth and history.

Bringing it All Together . . .

“A person’s ability to manage an emotional incident without feeling overwhelmed is called *distress tolerance*”

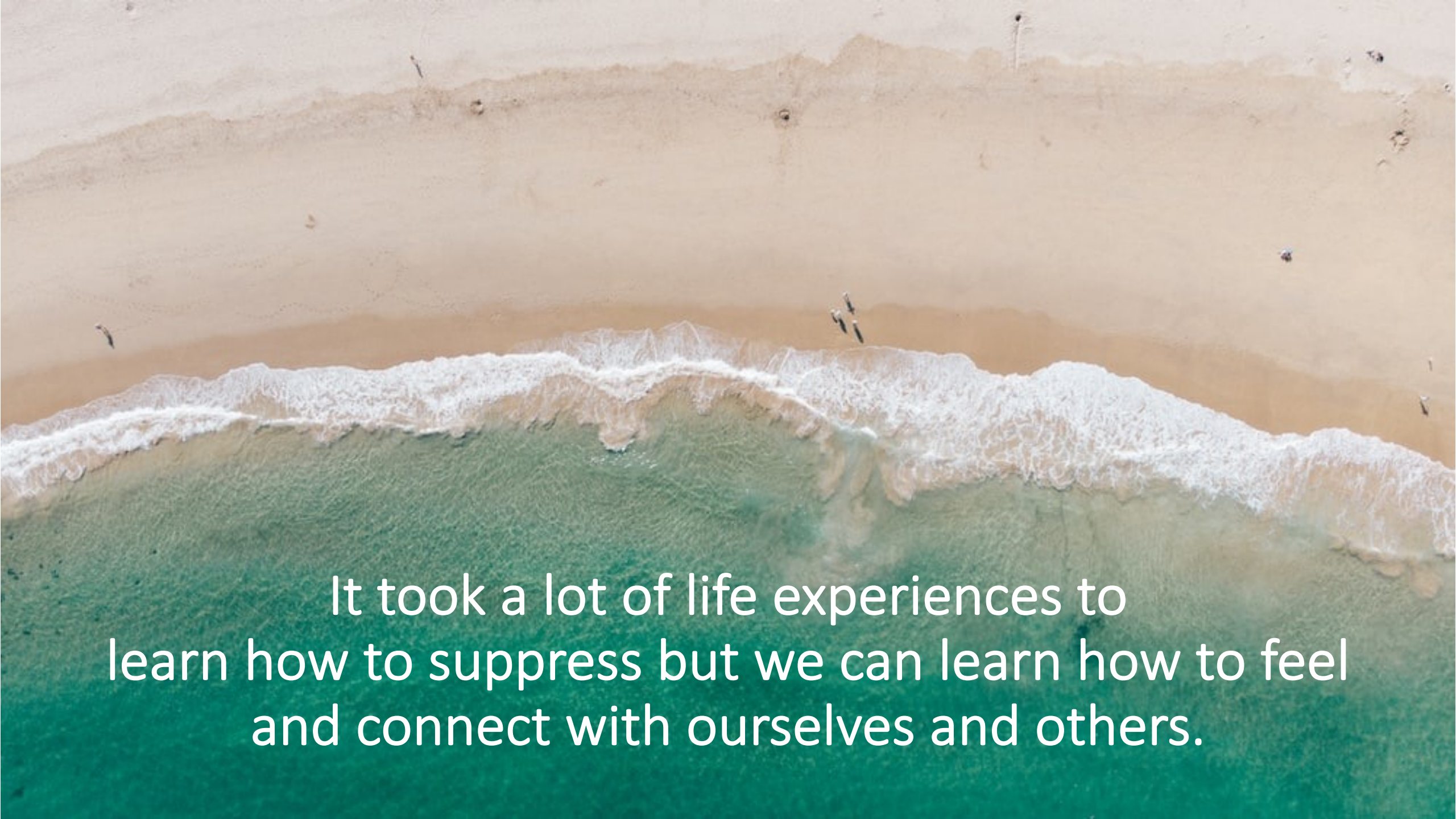
-Linehan, 2014

Distress Tolerance

Diffuse
Allow
Run Toward
Engage

-Barry McDonagh

Body	Where in my body do I feel it? What sensations am I feeling?
Emotions	What emotions am I feeling? Name them.
Needs	What do I need right now?
Thoughts	What am I thinking?
Awareness	What purpose does it serve? What story am I telling myself? What's here for me to learn?

An aerial photograph of a beach. The foreground is a deep green, textured area, possibly seaweed or a wet beach. A line of white, foamy waves is crashing onto the shore, creating a jagged, white border. Beyond the waves is a wide, sandy beach that stretches towards the horizon. The sky is a pale, hazy blue. A few small, dark figures of people can be seen on the beach near the water's edge.

It took a lot of life experiences to
learn how to suppress but we can learn how to feel
and connect with ourselves and others.



@VETERINARYWELLBEINGCOACH

Angie Arora

MSW, RSW

Veterinary Social Worker
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Mental Health & Wellbeing

angie@angiearora.com

www.angiearora.com

