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# Stop Overreacting: Effective Strategies For Calming Your Emotions



## Synopsis

When you are criticized or rejected, do you have a tendency to lash out or withdraw entirely? Both types of knee-jerk reactions can have lasting and unintended consequences, affecting our friendships, careers, families, and romantic relationships. The truth is, overreacting hurts us as much as it hurts the people around us. You may see overreacting as an unchangeable part of your personality, but in reality, this tendency, like any other, can be unlearned. *Stop Overreacting* helps you identify your emotional triggers, discover a new way of processing impulsive thoughts and feelings, and understand how your emotions can undermine your ability to think rationally in moments of crisis and stress. You'll learn how to neutralize overwhelming emotions and choose healthy responses instead of flying off the handle. Ready to make a change for the better? It's time to stop overreacting and start feeling collected and in control.

## Book Information

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## Customer Reviews

A marriage and family therapist, and associate professor at NYU's Ehrenkranz School of Social Work, Siegel became interested in neurobiology, the connection between the brain and emotions, when she saw first-hand the self-destructive impact of overreactions on not only those who suffer them, but on their family, friends, and co-workers as well. Using extensive research, poignant and identifiable case studies from her own 30 years of clinical experience, and pointed inquiries and exercises, Siegel painstakingly examines the why and how of overreacting. Since "mind and body, present and past are all parts of the puzzle that make up an emotional overreaction," the memories and defenses we have assembled since childhood, coupled with the way our parents dealt with

problems and handled stress, help determine whether we "cry, rage, withdraw or become deeply pessimistic" when pushed to react. With analysis for understanding what triggers these behaviors, chapters that tackle stressful home and workplace situations, and methods for challenging old emotional memories and harmful family myths or expectations, Siegel's call to action will help overreactors, and anyone who suffers them, to stop. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Judith Siegel has given us a book with the force of revelation. Using exciting new research findings on brain physiology, she connects the emotional self to the body in which it lives in a manner that is both readable and wonderfully engaging. Stop Overreacting is a real tour de force; a book that is impossible to put down." —Maggie Scarf, author of *Intimate Partners: Patterns in Love and Marriage* and *Secrets, Lies, Betrayals: The Body/Mind Connection*

Judith Siegel's *Stop Overreacting* captures the essential emotional problems that cause people distress. Even better, she clearly delineates very useful and accessible strategies for resisting emotional overload and destructive responses to emotional situations. *Stop Overreacting* is a valuable guidebook for navigating the basic struggles of our emotional world." —Beth Jacobs, Ph.D., clinical psychologist, adjunct faculty member of Northwestern University's Feinberg School of Medicine, and author of *Writing for Emotional Balance*

Finally, a practical book that gets at what the real triggers are for overreacting in everyday situations. A terrific integration of varied ideas about how to understand present-day overreactions in light of past experiences, especially past relationship experiences. This book goes way beyond most guides to help readers think rationally and mindfully." —Alan S. Gurman, Ph.D., emeritus professor of psychiatry at the University of Wisconsin School of Medicine and Public Health

I have shelves full of self-help books, many of which I skimmed for gems which I don't always find. This book is rich with substance and the neurobiology is explained in a way that's interesting and easy to understand. I feel a sense of freedom because I'm learning so much including to not be afraid of my feelings and emotions (there's a difference...). There's a humility in the voice of the author who has a PhD. Unfortunately marketing hype often gets books that have little substance to Best Sellers lists leaving some that deserve a lot of attention that could benefit many unknown. I feel this book should be taught in schools and parents can benefit greatly from reading even just page 23, "Parent's Roles in Creating Neural Pathways."

Siegel has written a comprehensive general book that provides a careful discussion about why people overreact to events and people. Its well articulated, easy to follow material that will encourage you to begin challenging your reactions to test whether they have been dysfunctional or over the top. Check it out.

I strongly recommend this book to anyone who struggles due to past psychological wounds. The book helps to look at one self from deep inside, and how one's programmed perception would affect his/her relationship or interaction with others. Basically, the book tells you that your emotions were programmed when you were young while you were interacting with your caregiver, most likely your parents. That programmed emotions, which have been occupied since your childhood, subject to be triggered whenever you encounter similar situations that you had before. As kids, you were powerless to learn proper skills to deal with the difficult situation so you just react to the situation inappropriately and that improperly learned reaction would display in your adulthood. So the author called it, "overreaction" to overwhelming situation. The reaction might be either imploded or exploded. Personally, I believe that a person who reacts in imploded way, can also react in exploded way depends on the person's perception of whom he/she is dealing with. Anyway, the book gives a lot of insights about yourself in terms of why you act certain way in certain situations. Even if you're not a person who's struggling due to past wounds, just reading it will benefit to know yourself from deep inside.

The first half of this book is a little slow and disinteresting in the beginning but it all comes together in the second half giving some good advice to take away from it.

I have not finished it yet but so far I like it and find it helpful.

Good advice, if you really pay attention and practice enough, and don't just look at this book as if for a friend or relative. You must see yourself in the text and try to open up to the strategies for overreacting. you could be glad that you did!

This book is a great tool for being able to recognize the core causes of over-reactions and body awareness techniques to identify moments when a different path is needing to be taken. Excellent book!

I found this book and the way the author formulated thoughts and theories to be extremely helpful and very useful for referring to.

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