Regulating My Emotions

NAME IT • UNDERSTAND IT • RESPOND WITH INTENTION

Emotions are signals, not instructions. You can feel deeply and still choose your response.

1 NOTICE

Identify and name it

Pause and name what you feel. Emotions can coexist; you do not have to pick just one.

- ☐ Angry / frustrated
- ☐ Anxious / worried
- ☐ Sad / disappointed
- ☐ Overwhelmed
- ☐ Hurt / embarrassed
- ☐ Other: _____

Right now, I feel: _____

2 UNDERSTAND

Get curious, not critical

Feelings offer information about your needs, values, or experiences. Acknowledge them instead of ignoring or judging them.

What happened just before this feeling?

_____

_____

What might this emotion be telling me?

_____

3 SORT WHAT I CONTROL

Put energy where it helps

I cannot control every situation, but I can influence how I respond.

I CAN CONTROL	I CANNOT CONTROL
My actions and choices	Others' actions and opinions
My words and responses	How I feel
How I redirect my thoughts	The weather or delays
When I ask for support	Unexpected events

Focus on your next choice, not total control.

4 RESET

Choose a coping tool

Regulation is not suppressing a feeling. It is helping your body and mind settle enough to respond thoughtfully.

- ☐ Breathe slowly: longer exhale
- ☐ Listen to calming music
- ☐ Name a need or ask for help
- ☐ Use supportive self-talk

The tool I will try: _____

5 EXPRESS

Communicate without harm

Use an "I feel" statement to share your experience without attacking, blaming, or shutting down.

I feel _____ when _____ because _____.
What I need is _____.

My statement:

_____

_____

6 PUT IT INTO PRACTICE

The pause–choose challenge

When emotions run high, use this quick sequence before acting:

PAUSE	Give yourself a moment.
NAME	"I feel ___."
CHOOSE	What response matches my values?

One response I want to practice:

_____

_____

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.