A PAUSE, A PRACTICE, A NEXT STEP

Emotional Regulation Skills

Make room for a feeling and choose a response.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Pause and check safety

If there is immediate danger, prioritize leaving safely or getting help. For a difficult but safe moment, pause before acting on an urge.

01 / Notice and reflect

What feeling and urge do I notice?

02 / Notice and reflect

What facts do I know?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support when emotions repeatedly disrupt relationships, work, school, or safety. A clinician can help assess possible contributors and teach skills suited to your situation.

Read more: NIH · Emotional Wellness Toolkit

More tools and immediate support: Our Healing Room / Crisis Support.