A PAUSE, A PRACTICE, A NEXT STEP

Emotional Regulation

Understand the feeling; choose the 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.

Name the emotion gently

Try a specific word such as disappointed, afraid, lonely, or frustrated. Several feelings can be present at once. If naming is difficult, notice a body sensation first.

01 / Notice and reflect

What emotion and body signals do I notice?

02 / Notice and reflect

What are the facts, and what meaning am I adding?

03 / One next step

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

When to seek help: Talk with your care team if emotions repeatedly disrupt relationships, school, work, or safety. Seek urgent help if you may harm yourself or someone else. These exercises do not replace treatment for a mood disorder or other condition.

Read more: Cleveland Clinic · Identifying and managing emotional triggers

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

U.S. crisis support: call or text 988. In immediate danger, call 911.