

Strides for Emotional Regulation

Naming Our Emotions

The table below can help you identify the emotions you are feeling when you are facing a specific situation. Take a moment to fill this table out with a specific event you can remember where you had experienced strong feelings. You may complete this exercise more than once and discuss what you wrote down with the Mindstride Team. Reflecting on these experiences may help you to better understand and manage your emotions.

Event – Describe the event

What happened?
Who was there?
When was it?
Where was it?

Interpretation - Record your thoughts

Why is this event important?
What did it mean to me?

Body Feelings - Note any physical changes

What was I feeling in my body during that moment?
How did your body react?

Body Language

What was my posture?
What were my hands and feet doing?
What was my face expressing?
Did I make any gesture?

Actions - Detail your actions

What did I feel that I really wanted to do?
Was it positive/negative?

Emotion - Name the emotion

What is the closest emotion you identify this with?
Is there more than one?