Urge and Action Fork

Emotional Regulation | 20 minutes | 3-12 participants | Adults and teens 13+ with appropriate facilitation

Purpose

Separate feeling, urge, and chosen action using a three-column fictional example.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

Introduce the example - 3 minutes

A delayed bus brings an urge to shout. Ask what is known and what is still a guess.

Practice: Card sort - 7 minutes

Separate feeling, urge, and chosen action using a three-column fictional example. Write short statements drawn from the example on cards. Sort using the distinctions in the task, then discuss cards that could fit more than one place.

Reflect together - 4 minutes

Which choices remain available? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

Facilitator fit and boundaries

Use drawings or chosen words rather than requiring body awareness. Do not imply feelings cause harmful actions.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services. Source links appear on the online activity page.