

Naming a Feeling and a Need

Emotion regulation | Adults and teens 13+ | 10 to 15 minutes

Separate an event, emotion, interpretation, and need to support a deliberate response.

Choose a recent emotion that feels manageable to explore. You can name more than one feeling, use your own words, or describe sensations instead. The aim is to understand your experience and choose a response that fits the situation.

Describe before explaining

Start with observable events. Then notice feelings, thoughts, and urges. For example, "My friend canceled" may bring disappointment, a thought that you do not matter, and an urge to stop replying. These parts are related, but they are not identical.

Ask what needs attention

An emotion may point toward a need, concern, value, or boundary. It does not automatically tell you what happened or what to do. Consider a response that addresses the need while respecting your safety and the other person's dignity.

What happened in words a camera could observe?

The feelings, thoughts, and urges I noticed

A need, value, or boundary that may need attention

One response I can choose and what I hope it will do