

Checking Emotion and Evidence

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

Review the interpretation attached to an emotion and choose a fitting response.

A strong feeling deserves attention, and the first explanation for it may need another look. Choose a situation that feels safe enough to examine. You can respect the emotion while checking what is known, assumed, or still unclear.

Separate observation from interpretation

Write the event first, then the meaning you gave it. "My coworker did not greet me" is an observation; "They are angry with me" is an interpretation. List other plausible explanations without insisting that the most comforting explanation is true.

Choose the fitting response

If the concern is supported, choose practical problem solving, a boundary, or support. If information is missing, decide whether clarification is useful. If the urge is likely to worsen things, choose an alternative that fits your goals. You do not need to prove the feeling wrong.

The event, my emotion, and my first interpretation

What I know and what I am assuming

Other plausible explanations or information I need

A response that fits the evidence and my goal