

Listening to an Emotion With Curiosity

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

Explore a feeling while preserving choice about the next action.

Choose a feeling that is present or recently passed. You may write briefly, draw, or speak your answers. You do not have to explain the feeling perfectly. Focus on what the experience might be asking you to notice.

Make room without handing over control

Describe the feeling in your own language. Notice the story attached to it and the action it invites. You can acknowledge both while deciding whether that action fits your situation. Mixed feelings are welcome here.

Close with care and choice

Consider whether you need comfort, practical help, a boundary, information, or rest. End with one realistic response. If exploring the emotion increases distress, return to the room, stop writing, and choose support instead of pushing for insight.

The feeling or mix of feelings I notice and the situation around them

The story my mind tells and the action I feel pulled toward

What need, value, or limit might deserve attention?

A response I choose and support that could help me carry it out