

Emotion regulation

Choose a Response Within a Strong Feeling

Adults and teens 13+ | 10 to 15 minutes

Emotion regulation does not require suppressing a feeling or reaching a calm state before doing anything. You can notice an emotion, consider the situation, and choose a workable response. The available choice may be small, especially when you are overloaded or under threat.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Find the sequence

Describe the event, the feeling, the urge, and what you did. These are related but different. For example, anger may accompany an urge to send a message; sending it remains an action with consequences.

Widen the available response

Consider a pause, a boundary, practical support, or a clear request. Include food, rest, pain, or sensory demands if relevant. A useful response should respect both your experience and other people's rights.

1. What happened just before the feeling became strong?**2. What emotion and urge can you identify, using your own words?****3. What need or responsibility should your response protect?****4. What action could you choose now, and how will you check its effect?****Clinical use and adaptation**

Assess crisis risk separately from ordinary emotion-regulation work. Offer communication supports when naming feelings is difficult. Avoid framing justified anger, disability-related overload, or trauma activation as a character problem.