Emotion Regulation: Tools & Frameworks to Help You Work Through Your Triggers

(Sources: James Gross Emotion Regulation model; NeuroLeadership Institute, Brain Based Coaching Participant Manual)

1. **Labeling: Use for low-level threats (i.e. anxiety vs. feeling terrified). Focus on HOW you label.**
   1. What's the energy, emotion, or feeling this brings up, in just a word or two?

   2. If you could name your emotion in one or two words, what would it be?

   3. In a word or two, what's the feeling you have when you think about this topic?

   4. How would you label the feeling you had during that meeting?

2. **Reappraisal: The ability to see a situation differently**

    1. <u>Normalizing: Acknowledging your feelings and that it's completely normal to feel this way.</u>

        1. How normal or typical do you think your feelings about this situation are?

        2. What do you think an appropriate response to this situation would be?

        3. Do you think your reaction to this situation is too strong, too weak, or about right?

    2. <u>Reprioritizing: Consider the experience in context of your larger goals and/or mission.</u>

        1. Where is this situation in your priority list, from a list of 10 priorities or from list of 100 priorities?

2. If you were to put all of your current responsibilities in order, where would this fall? (Top 5 or Bottom 20?)

3. <u>Repositioning: See the situation from a colleague's or friend's POV</u>

    1. What might this situation look like from the other person's point of view? (your colleague, your boss, your best friend?)

    2. What advice would you give a friend in this situation?

    3. What suggestions might one of your role models give about this?

4. <u>Distancing: Imagine yourself as a different person or as your future self.</u>

    1. Imagine yourself 1 year or 10 years from now; what would you say to your present self?

    2. What would your future self tell you to do?

5. <u>Reframing: Looking for new, positive meanings.</u>

    1. How could you think about this situation differently?

    2. If you had nothing to lose, how might you approach this situation?

    3. Which positive side effects might the situation give you?

Limiting Beliefs Framework

1. What is the physical feeling you're experiencing when you feel triggered?

2. What are the thoughts? Do a brain dump of all the thoughts.

3. What is the BELIEF?

4. What are the actions you're taking as a result of your beliefs and thoughts?

5. What is a different BELIEF that you can choose that will enable you to take different actions?

6. What are those actions?