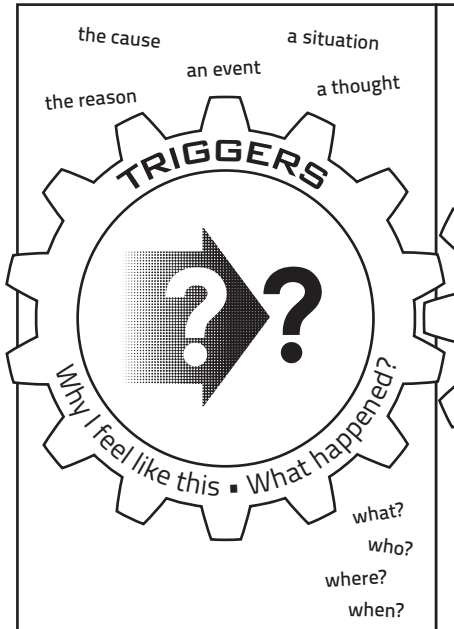
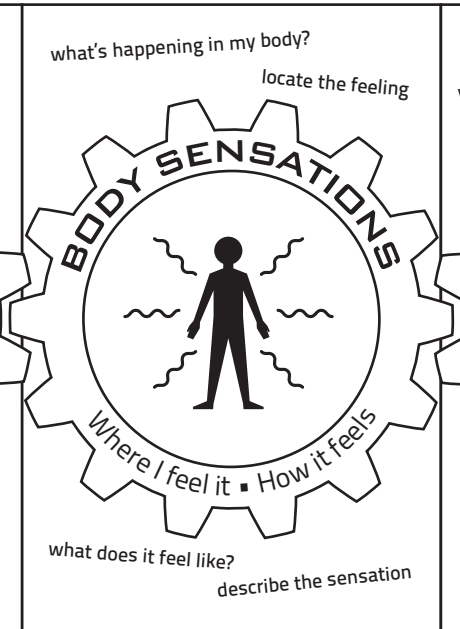
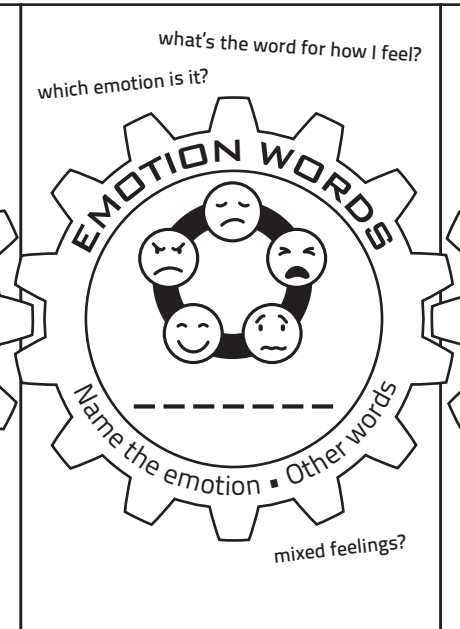

the cause
a situation
an event
a thought
the reason
TRIGGERS
Why I feel like this ▪ What happened?
what?
who?
where?
when?


what's happening in my body?
locate the feeling
BODY SENSATIONS
Where I feel it ▪ How it feels
what does it feel like?
describe the sensation


what's the word for how I feel?
which emotion is it?
EMOTION WORDS
Name the emotion ▪ Other words
mixed feelings?

how do I react?
show it
.....or hide it?
how can I show my emotion?
BEHAVIOURS
What I do ▪ How I show it
good choice?
face
actions
noises
what else could I do?
what I say

change the feeling
feel safe
calm down
distract attention
cheer up
REGULATION STRATEGIES
What makes me feel better?
what would help?
what can I do?
or someone else?