

EMOTIONAL REGULATION

LABEL & CHALLENGE (DESC)

EXERCISE 15

Noticing and naming an emotion shifts it from taking over to something you can observe. Use this exercise to stay grounded and communicate assertively.

STEP 1: LABEL THE FEELING

PAUSE AND LITERALLY NAME WHAT YOU'RE FEELING RIGHT NOW:

I'm frustrated

I'm anxious

I'm overwhelmed

Other: _____

STEP 2: WRITE YOUR SCRIPT

D

DESCRIBE (facts only)

Example: "When the meeting runs over by 30 minutes..."

E

EXPRESS (i feel...)

Example: "...I feel stressed and overwhelmed."

S

SPECIFY (i need...)

Example: "...I need to leave at the agreed time."

TURN OVER FOR THE CONSEQUENCES →

THE POSITIVE OUTCOME

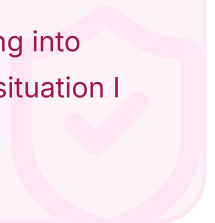


CONSEQUENCES (so that...)

Example: "...so I can focus better later and meet my deadlines."

MY POSITIVE CONSEQUENCE:

Labelling your emotions combined with the **DESC model** stops thoughts from spiralling into explosions or shutdowns. It moves the conversation from "I'm a failure" to "This is a situation I can navigate."



"Notice, name, and navigate."

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