

# EMOTIONAL REGULATION

## LABEL & CHALLENGE (DESC)

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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..."

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**E**

**EXPRESS** (i feel...)

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

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**S**

**SPECIFY** (i need...)

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

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TURN OVER FOR THE CONSEQUENCES →

# THE POSITIVE OUTCOME

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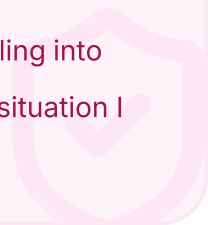
## **CONSEQUENCES** (so that...)

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

MY POSITIVE CONSEQUENCE:

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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."



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***Notice, name, and navigate.***