

## **Emotions and needs cheat sheet/checklist (try journaling/checking in on this as many times as you can in a week):**

Emotional regulation is a skill. The more you practice it, the better you get at it. Hence the nudge to journal/check in on your emotions regularly. Also, emotions are more nuanced than just 5 core emotions. This is a starting point to lean into emotional regulation.

**Joy** – Feeling connected with self or others. What are you grateful for about yourself? (not just people and things you have, but qualities about yourself)

**Sadness** - Need for nurturance/love/connection (use the love languages as a framework). What does Physical Touch to yourself, Quality time with yourself, Acts of service to yourself, Gift giving to yourself and Words of affirmation to yourself look like?

\*In partnership, learning to love your partner with all the love languages. Why stick to just one! \*

**Anger** - Boundary has been crossed (values) or a need is not met. (Frustration with oneself and others is often a projection/high expectation of values {**perfectionism**}). Real need is to be able to express oneself (unmet need) authentically/set boundaries (using self-responsible language).

**Fear** - (Usually fear of failure, rejection and/or abandonment) - Need to feel protected/reassured. Notice how you speak to yourself. And learning to reassure yourself like you would a friend or a child.

**Shame** - Usually stems from an internal need to be perfect and/or core belief that I'm not good enough or worthy of love (**Self critic**). Actual need is to be seen, heard, love and/or accepted without judgment. Notice how you speak to yourself here, as well. We tend to shame ourselves based on assumptions of what others might be thinking of us.

The goal is finding balance between self-regulation and co-regulation. This balance is dynamic and subjective to everyone. So, questions to ask yourself:

How can these needs be met by me first?

If not, what support do I have to get these needs met?

Emotional regulation in a nutshell - learning to connect our emotions with needs and **expressing/getting them met** using these steps:

- Learn to recognize emotional sensations in your body! (PRESENCE!!!)
- Sitting with them - learning to be comfortable with discomfort. (RAIN technique – I'll guide you through this in session).
- Understanding the need behind the emotion (cheat sheet above for reference).
- Expressing the need to yourself and/or your support system (this is probably the hardest and scariest step). Using Non-violent communication ("I" statements).