



RULER

Building the Skills of Emotional Intelligence & Emotion Regulation

Emotions provide information. Learning to recognize, understand & work skillfully with our emotions builds greater awareness & choice in how we respond—supporting our values, goals, relationships, health & well-being.



RECOGNIZE EMOTIONS

Pay attention to your body, thoughts, behavior.

ASK What am I noticing?

UNDERSTAND EMOTIONS

Get curious about what may be contributing: past experiences, present circumstances, current capacity.

ASK What is causing me, or someone else, to feel this way?

LABEL EMOTIONS

Use a nuanced vocabulary to name emotions with gradnulairty. Utilize the How We Feel app



ASK What is the precise emotion that is present?

EXPRESS EMOTIONS

Express emotions in ways that fit the context &/or cultural environment. Find a, & become an, emotion ally.

ASK How, when & to whom do I want to express this to?

REGULATE EMOTIONS

Use past expereinces to help manage your emotional landscape, supporting your values, goals & relationships.

ASK What strategy would be most beneficial in this situation?

Based on the RULER approach developed by Marc Brackett & colleagues at the Yale Center for Emotional Intelligence.

infographic created by secondarrowadhdcoaching.com

