



Emotion Regulation

1. **Pause** – There is great power in the pause! Do not react. Pause so you can regulate your emotions and *respond* with wisdom.
2. **Breathe** – Practice 4-7-8 (or 4-4-4 “box breathing” if you don’t have the lung capacity for 4-7-8). Inhale for a 4-count, hold for 7, exhale slowly for an 8-count. This helps regulate your nervous system.
3. **Name The Emotion** – Name it, don’t judge it. You can’t address what you do not name.
4. **Notice Your Body’s Reaction** – Where do you feel it in your body? (ex: Tension in your shoulders? Butterflies in your stomach?)
5. **Scale & Regulate** – On a scale of 1-10, how intense is your emotional reaction? Regulate your nervous system until you have reached a 3-4.
 - 4-7-8 Breathing
 - Progressive Muscle Relaxation
 - Cold (hold ice in your hands or mouth, splash cold water on your face)
 - Sour (extreme sour candy)
6. **Observe Your Thoughts** – Are you engaging in rational thought? Or emotional reasoning as characterized by:
 - Extremes (always/never)
 - Historical Data
 - Sense of Urgency
 - Disproportional Response to Current Event
7. **Counter Emotional Reasoning** – Use the current facts and God’s Truth to guide your response.