

# ***R U L E R*** of emotions

## **R – recognize**

Recognise what is happening. Express the situation that has caused you to act/feel a certain way.

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## **U – understand**

Understand what your trigger in the specific situation is – What exactly is making you act/feel this way.

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## **L – label**

Label the feeling you are experiencing, give the emotion a name, e.g. anger, fear, love, happy, frustrated. Express what your body was feeling at that moment – sweaty palms, hot flush up the neck.

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## **E – express**

Expression of the feeling, how did you express what you were feeling in that moment.

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## **R – regulate**

Regulate the emotion. This is where the work starts, here you have to decide, how do you want to think differently or act differently next time when in a similar situation?

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