



## Restore emotional regulation somatically

### The story I'm telling myself is. . .

It might feel like objective truth at first, or it might feel "mean". Just write down what is happening from your perspective. Don't worry about making sure you are being fair, or kind or appropriate. No one will see this but you. Getting it outside your head is valuable because it means you can observe it with some distance.

### When I believe that story is true, I feel

Be as specific as possible. A [feelings wheel](#) might help.

### What is happening in my body?

Focus on the specifics of what is happening in your body. What do you feel (hot, tight, pounding, constricted, etc.) Where do you feel it? (head? chest? extremities?)

### How will I move these feelings through my body?

Physical movement? Intentional breathing? Laughter or play? What else?

### Now that the feelings have dissipated, what wisdom did they leave behind?

### How does that new perspective inform your view of the initial story?

Need more help? Try [restoring emotional regulation cognitively](#)

*For more tools like this one, or to schedule a free coaching session, join my [email list](#).*