

EMOTIONAL REGULATION BEFORE A DIFFICULT CONVERSATION



SECTION 1: HOW INTENSE IS THE EMOTION?



SECTION 2: AM I READY TO TALK?



SECTION 3: DO I NEED A PAUSE?



SECTION 4: WHAT WOULD MAKE THIS CONVERSATION FEEL SAFER?



CALM SETTING



WRITING MY THOUGHTS



SETTING BOUNDARIES

SECTION 5: WHAT DO I NEED TO COMMUNICATE?

