

Appendix B

EMOTION-COACHING CHEAT SHEET

First: Start off emotion coaching with a phrase.

Possible sentence starters:

- It seems like maybe . . .
- I'm wondering if . . .
- I imagine you might also be feeling . . .
- I see something in your face that tells me maybe you're . . .

Second: Follow the sentence starter with an emotion label.

Words to describe anger:

- Angry
- Mad
- Fuming
- Furious
- Full of rage

Words to describe sadness:

- Sad
- Blue
- Low

Words to describe fear:

- Scared
- Anxious

- Terrified
- Fearful

Words to describe shame:

- Embarrassed
- Like there's something wrong with you
- Like you're not good enough
- Like you're broken
- Unworthy/worthless
- Undeserving

Other emotional states to watch for and label:

- Lonely
- Hopeless
- Jealous
- Guilty

Third: Complete the sentence with a validating statement.

- And that would be so hard because
- And that would feel just awful because
- And that would so painful because
- And of course you feel _____ because
- Yes, it's (sad, lonely, etc.) when