NAMING WHAT YOU FEEL

A simple emotional labeling practice

Pause	Sense	Name	Allow	Respond
A	B	C	D	E

PAUSE & NOTICE

Take one slow breath. You don't need to fix anything yet.

CHECK YOUR BODY

Where do you feel this? Chest, stomach, shoulders, throat?

NAME THE FEELING

Choose the closest word — it doesn't have to be perfect.

LET IT BE THERE

You can feel this without acting on it or judging yourself.

This is a crucial regulation step — don't skip it.

CHOOSE WHAT YOU NEED

Rest • Space • Support • Movement • Boundaries • Time

This reinforces agency instead of control