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Emotional Self-Regulation

- 1. When upset, ask “Where in the body do I feel it?”**
- 2. Describe the dimensions of the sensation.” Is it hard or soft? Tight or loose? Does it have a flutter? Is it well-defined, or diffuse?”**
 - Fear has a flutter**
 - Anger is tight, hard, well-defined, i.e. knot-like, band-like, fist-like, square.**
 - Sadness is heavy and diffuse**
 - Joy is warm and expansive**
- 3. You’re not angry, afraid, or sad, the part of the body is. Ask it, “Are you (angry, sad, afraid)?”**
- 4. If you’re right, it will rise up, peak, then diminish like a wave. “Surf” the wave with your attention.**
- 5. When it diminishes, ask, “Do you have anything to tell me?” (Sometimes you get an answer, sometimes not.)**

Congratulations! You just took care of your emotions!