

Steps of Emotion Coaching

1. ATTEND to the emotion:

- i.e., "I see you"
- Notice and pay attention to emotional cues that may be **subtle** or **overt**
- When you attend to an emotion, you convey caring, concern, and promote connection

2. LABEL the emotion:

- i.e., "I understand you"
- Provide words to label their emotional experience
- Help them to describe their **bodily felt sense**
- "Speaking the unspoken"

3. VALIDATE the emotion:

- Put yourself in their shoes and show understanding of their experience
- **Accept/allow/validate emotions** that are different from what you may have expected or that may be hard for you to understand
- Resist going to "the bright side" by using logic
- Move away from using BUT, instead use BECAUSE
- i.e., "I get how you would feel that way because..."

4. Meet the EMOTIONAL NEED:

- i.e., "I am here for you"
- **Sadness:** Needs comfort/soothing
- **Anger:** Needs validation / help to assert boundaries
- **Shame:** Needs reassurance
- **Anxiety:** Needs support for exposure
- ***the emotional need cannot come before Step 3 - validation

5. "Fix / Problem-solve":

- Most often this step is unnecessary
- If necessary, help to **redirect** the other to another activity; thought; or environment
- Problem-solving is necessary in the event of bullying and/or unsafe relationships