



# Emotion Coaching in 4 Steps:



*Name it to Tame it*

*Recognising emotion as an opportunity for connection and teaching*

**Step 1: Recognising the person's feelings and empathising with them**  
You might say: "I can see that you're really worried about this, you're frowning and biting your fingers; I hear you."



**Step 2: Validating the feelings and labelling the emotion**  
You might say: "Some other people are feeling worried about it too and it's completely normal for people to feel worried at times like this. I'm right here with you."



**Step 3: Setting limits on behaviour (if needed)**  
You might say: "It's not OK to kick the furniture though, it might hurt you or break the bookcase..."



**Step 4: Problem-Solving with them**  
You might say: "Let's have a think together about ways you can feel safer."



Acknowledgements to:

