

My Visual Emotion Response Plan

A plan to help me understand, respond and care for myself. ♥

Created on: _____

For: _____

I can update my plan any time I need to.

1. How I notice my emotions

I notice my emotions in my thoughts, body, behaviour and energy. Everyone experiences this differently.



In my thoughts

e.g. worrying, self-critical, racing thoughts, blank

- _____
- _____
- _____



In my body

e.g. tense muscles, butterflies, tight chest, restless, tired

- _____
- _____
- _____



In my behaviour

e.g. avoid people, snappy, withdraw, can't sit still

- _____
- _____
- _____



In my energy

e.g. drained, wired, overwhelmed, shut down

- _____
- _____
- _____

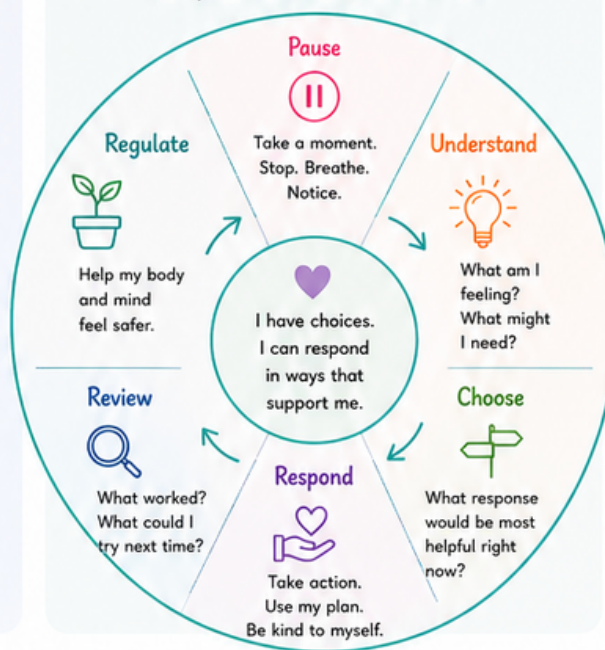
2. My emotions and what they might be telling me ♥

Emotions have a purpose. What might these be trying to tell me?

- ♥ Sad _____
- ♥ Anxious _____
- ♥ Angry _____
- ♥ Overwhelmed _____
- ♥ Shame / Guilty _____
- ♥ Other _____

3. My Emotion Response Plan ♥

When I notice big feelings, I can pause and choose what I need.



4. What helps me feel regulated ♥

Things that help my body and mind feel calmer.

- Move _____
- Soothe my senses _____
- Ground myself _____
- Connect _____
- Distract / Focus _____
- Breathe _____

5. What I need from others ♥

How others can support me when I am having a difficult time.



What helps:

- _____
- _____
- _____



What to avoid:

- _____
- _____
- _____

6. My plan in the moment ♥

When things feel hard, I can try these steps:

1. _____
2. _____
3. _____
4. _____
5. _____



I choose what helps. I don't have to do it all. Small steps still count.



7. My kind reminders ♥

Things I want to remember about myself.

- I am doing my best.
- My feelings are allowed.
- This feeling will pass.
- It's okay to ask for help.
- I am not alone.
- I am enough.



This is my plan. I can return to it anytime. ♥



I can be patient and compassionate with myself as I learn and grow. ♥

Next review: _____



You don't have to do this alone. Support is available. ♥