



Playfulness

Love

Acceptance

Curiosity

Empathy

Name feelings:

It seems to me that you are feeling frustrated at the moment as you're face has turned red.

It looks like you are feeling really happy as you have a big smile on your face!

Back up what you are saying with something that you can see to help link up feelings with what is happening in the body.

Be curious:

I wonder if you're feeling anxious because you don't feel safe.

I'm wondering why you can't focus on your work; perhaps it is because you are feeling worried that you can't do it?

Empathetic approach:

I feel frustrated sometimes when I get stuck. Let's think together about how we can solve this and in small steps.

It seems that you're feeling angry; if that had happened to me I would feel angry too.

Notice that these are not questions; they are 'curious statements' There does not need to be an answer, the important thing is that you have named the emotion/what has happened and it should start to become internalised.

Make sure all emotions are used, not just negative ones.