

Emotion Naming Tool

Purpose

To reduce overwhelm and increase clarity by naming what you're feeling — without analyzing, fixing, or judging it.

Step 1: Pause & Ground

Take one slow breath.

Right now, my emotional state feels:

- Overwhelming
- Unclear
- Manageable
- Numb
- Mixed

Step 2: Name One Emotion

Without explaining *why*, name just **one** emotion you're noticing.

The emotion I'm feeling is:

(If needed: sad, angry, anxious, frustrated, disappointed, lonely, tense, overwhelmed, calm, relieved, etc.)

Step 3: Stay With the Name

Answer briefly:

When I name this emotion, I notice:

- A little relief
- More clarity
- No change yet
- Resistance

(All responses are okay.)

Step 4: Separate Emotion from Story

Complete the sentence:

The feeling is: _____

The story about it can wait.

(Naming comes before problem-solving.)

Step 5: Gentle Next Step

Fill in the blank:

Now that this emotion is named, one supportive thing I can do is:

(This might be rest, a pause, a boundary, or simply doing nothing yet.)

Bridge the Gap Coaching

Understanding starts with naming. Clarity reduces overwhelm.