

LOCATE THE SIGNAL

1

The moment something shifts inside you, find where it lives in your body — chest, throat, shoulders, stomach. Do not analyse it. Simply register it. This one second of inward attention interrupts the outward impulse to react.

Reflect: Where do I feel stress first in my body?

NAME WHAT YOU FEEL — SILENTLY

2

Inside, in two or three words: "I am angry." "I feel dismissed." "I am embarrassed." Naming the emotion shifts your brain from reactive to rational. You are not suppressing anything — you are processing just enough to stay in control.

Reflect: What am I actually feeling right now?

CHOOSE YOUR FIRST WORD

3

Take one slow breath. Then choose your first word deliberately, because it sets the tone for everything that follows. "I understand" opens doors. "Tell me more" builds trust. "That is interesting" buys time. One word. Then speak.

Reflect: What first word do I want to put into the room?

BODY SIGNAL INVENTORY

- **Chest**
— Tightness, pressure, or heaviness
- **Throat**
— Constriction, urge to clear it
- **Jaw**
— Clenching, tension
- **Shoulders**
— Rising, stiffening
- **Stomach**
— Sinking, churning, heat
- **Hands**
— Gripping, restlessness
- **Face**
— Warmth, flushing

EMOTION LABELLING LIST

- **Anger**
I am frustrated. I am furious.
- **Dismissal**
I feel ignored. I feel sidelined.
- **Anxiety**
I feel under pressure. I feel uncertain.
- **Embarrass.**
I feel exposed. I feel caught out.
- **Overwhelm**
I feel out of my depth.
- **Injustice**
I feel this is unfair.
- **Fear**
I feel threatened. I feel unsafe.

YOUR WEEKLY EXERCISE

BEFORE — Identify one high-emotion situation. Remind yourself: locate, name, choose.

DURING — Notice your body signal. Run the three beats. Choose your first word.

AFTER — Take 60 seconds to reflect: did the pause happen, and what felt different?