

Handouts: Telling



RULER¹

What happened?

Describe an event where you experienced an intense emotion.

	Fill in this column only	Explanation
Recognise	How did I feel?	Describe the sensations you felt during this event. What was happening to your body? What thoughts were rushing through your head?
Understand	What caused this feeling?	Think about what actions, words or events led up to you and the other person having these feelings.
Label	Give the feeling a name.	Use your Mood Index and label what emotion you felt.
Express	How did I express this feeling?	What words or actions did you use to express this emotion?
Regulate	What could I have done to handle the situation better?	What techniques could I use in future to avoid these intense emotions taking over?