

# Handouts: Telling



## RULER <sup>1</sup>

### What happened?

Describe an event where you experienced an intense emotion.

	Fill in this column only	Explanation
<b>Recognise</b>	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?
<b>Understand</b>	What caused this feeling?	Think about what actions, words or events led up to you and the other person having these feelings.
<b>Label</b>	Give the feeling a name.	Use your Mood Index and label what emotion you felt.
<b>Express</b>	How did I express this feeling?	What words or actions did you use to express this emotion?
<b>Regulate</b>	What could I have done to handle the situation better?	What techniques could I use in future to avoid these intense emotions taking over?