

DESCRIBING EMOTIONS MODEL

Biological responses to emotions last 90 seconds.

Can you ride the wave?

2. INTERPRETATION: Describe your thoughts, beliefs and assumptions of the event.

1. PROMPTING EVENT: Describe what happened nonjudgmentally- stick to the facts: who, what, when, where

BIOLOGICAL CHANGES: Brain; Nervous System; Body Sensations

3. EXPRESSION: Describe your physical reactions. Identify face and body language, posture, gestures.

4. ACTION URGES: Describe what you feel like doing or saying. Is it a healthy response or an emotional reaction?

6. BEHAVIOR: Describe what you did. Write what you said.

7. AFTER EFFECTS: Describe the consequences. Include other emotions, thoughts, behaviors. Describe the effect on relationships and the situation. Identify a secondary prompting event and emotion(s).

IDENTIFY **VULNERABILITY FACTORS**

Social
Cultural
Personality
Invalidation
Environment
Biological influences
Lack of communication skills/myths