

## INTRODUCTION

# REGULATING YOUR EMOTIONS BY USING SELF-AWARENESS

Have you ever felt overwhelmed by your emotions, reacting impulsively in every situation instead of thoughtfully reflecting and deliberating your actions? If the answer is yes, then you're not alone. This is a common hurdle that many people face. However, through emotional regulation and the cultivation of self-awareness, you can learn to respond reflectively, rather than reflexively – effectively enhancing your decision-making process and promoting a more mindful lifestyle.

Emotional regulation is a valued skill that calls for a deep-rooted understanding of our emotions. It pushes us to explore how our experiences mold our feelings. The path to self-awareness facilitates reflective responses over reflexive ones.

Ever notice how your leg involuntarily jumps when the doctor taps your knee with a tiny rubber hammer? That's a reflex. These automatic responses are essential for survival, but their relentless application in everyday life—be it the supermarket, the office, or the classroom—can breed conflict and misunderstanding.

Let's face it; a majority of our days aren't fraught with life-threatening circumstances; we don't have to constantly defend ourselves from wild beasts or Sith lords. Instead, we should take a moment to process the situation and our emotional response to it. This way, we can make decisions that align with our immediate and long-term aspirations.



Let's break it down into a

# SIMPLE 5-STEP PROCESS



You can remember it by using the acronym **PLEAT**:

**PAUSE.** Allow yourself a moment of contemplation.

**LOOK INWARD.** Acknowledge the emotion you're experiencing.

**EVALUATE.** Would acting on this emotion right now be beneficial?

**ASSESS.** Is the emotion warranted given the situation?

**TAKE ACTION.** Respond based on your considerations.

By embracing this approach, you essentially shift gears from reacting impulsively to responding thoughtfully. It can prove immensely beneficial, particularly in situations where you feel you could have responded more effectively. Engaging in the PLEAT steps allows you to navigate through them, enabling you to enhance your future responses with greater efficacy.

The journey to emotional regulation and self-awareness might seem challenging, but the rewards are profound. You'll improve your decision-making capabilities, promote emotional health, and cultivate mindfulness. So, let's embark on this journey to emotional mastery together, and create a life of awareness, reflection, and thoughtful action.



## HANDOUT:

# UNDERSTANDING EMOTIONAL REGULATION THROUGH SELF-AWARENESS: PLAN TO PLEAT

### WHAT IS IT?

Emotional regulation involves a deep-rooted understanding of our emotions, exploring how our experiences mold our feelings, and enabling us to respond reflectively rather than reflexively.

### WHY IS IT IMPORTANT?

By improving emotional regulation, we can enhance our decision-making process, promote emotional health, and cultivate a mindful lifestyle.

### HOW DO WE DO IT?

Introducing **PLEAT**: a simple, easy to remember 5-step process to emotional regulation.

1. **Pause**: Allow yourself a moment of contemplation.
2. **Look inward**: Acknowledge the emotion you're experiencing.
3. **Evaluate**: Would acting on this emotion right now be beneficial?
4. **Assess**: Is the emotion warranted given the situation?
5. **Take Action**: Respond based on your considerations.

By embracing **PLEAT**, you can shift from reacting impulsively to responding thoughtfully.



# WORKSHEET:



**PLEAT:** Your path to emotional regulation through self-awareness

## ACTIVITY 1: PAUSE

Practice pausing today. Note down 3 situations where you paused.

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## ACTIVITY 2: LOOK INWARD

What emotions did you experience in those situations? Write them down.

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## ACTIVITY 3: ASSESS

Assess if your emotions were warranted given the situation. Write down your thoughts.

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## WORKSHEET:

### ACTIVITY 4: EVALUATE

Would acting on these emotions have been beneficial? Why or why not?

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### ACTIVITY 5: TAKE ACTION

How did you respond based on your considerations? Note down your actions and their results.

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Remember, practicing **PLEAT** will help you move from reacting impulsively to responding thoughtfully - enhancing your decision-making and promoting a more mindful lifestyle. Good luck on your journey to emotional mastery!