Emotional Awareness & Regulation

Character & Emotions

Step-Working Guide · The Recovery Files

In this workbook

1. **Emotional Awareness & Regulation** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

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TOPIC

Emotional Awareness & Regulation

KEY IDEAS

Emotional Awareness & Regulation

The Bridge to Sound Judgment

Emotional regulation is the capacity to recognize, understand, and respond to emotions without being overwhelmed. It prevents the reactivity that threatens sobriety.

Recognition

Real-Time Awareness

Identifying emotions as they arise, distinguishing between them (e.g., anger vs. hurt), and noticing physical sensations provides early warning signals.

Causation

Understanding Triggers

We identify situational, cognitive, historical, and physical triggers. Understanding WHY we react helps us manage emotions rather than being controlled by them.

Responsibility

Owning Our Responses

We take responsibility for our emotional reactions. Others may trigger us, but how we respond is our choice. This empowers us and prevents victim mentality.

Processing

Preventing Buildup

Regularly processing emotions prevents accumulation. We use tools like journaling, sharing, and prayer to work through feelings daily.

Healthy Coping

Tools for Balance

We replace unhealthy numbing or reacting with breathing, grounding, perspective-taking, and spiritual practices to maintain emotional equilibrium.

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WORKSHEET

Emotional Regulation Toolkit

CHECKIN

Daily Emotional Awareness Questions

What emotions am I experiencing right now?

What might be causing or contributing to these emotions?

How are these emotions affecting my thoughts and behavior?

How can I respond to these emotions in a healthy way?

TOOLKIT

Immediate Regulation Strategies

For Anger

_____ _____

For Anxiety/Fear

_____ _____

For Sadness/Grief

_____ _____

For Overwhelm

_____ _____

TRIGGERS

Trigger Management

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Trigger 1:

_____ _____

Trigger 2:

_____ _____