

Regulation Beats®
Questions to Ask About Emotions

1. Why do you feel _____?
2. What does _____ mean to you?
3. What does your body feel like?
4. When you think of _____ what does it remind you of?
5. Do you like feeling _____?
6. Do you want to change how you feel?
7. Do you want to feel more, less, or the same amount of _____?
8. How can you change feeling _____?
9. When is the last time you felt _____?
10. Have you ever felt _____ before?
11. When did you start feeling _____?
12. What made you start feeling _____?
13. Is there anything I can do help you process/take care of your _____?

*Insert emotion labels (happy, sad, confused, frustrated, etc.), physiological qualities (fast heartrate, slow breath, etc.), and/or energy levels (high energy, low energy, etc.) into the blanks