

NAME IT TO KNOW IT

10–30 second practice to bring emotions “above the line” into awareness to restore clarity, meaning, and choice

PURPOSE:

- Bring emotions into conscious awareness
- Engage your Wise Brain (prefrontal cortex) instead of Survival Brain
- Increase emotional clarity and a sense of agency throughout the day

HOW TO:

- 1** Notice when you’re having a strong emotion (pleasant or unpleasant)
- 2** Name it in a word or two (e.g. “anxiety” “frustration” “contentment” “joy”)
- 3** Allow the feeling to be present without needing to change it in any way; if it a difficult emotion and you are feeling hooked, you can proceed with the “Unhooking” practice

Use this responsive pause anytime you feel something strongly—in traffic, after a win, during conflict, or with your kids. Simply naming what you feel (silently to yourself OR out loud) helps your brain settle so you can see more clearly and create space to respond instead of react.

