



Emotion Coaching Scripts Step 1: Empathise & Validate

'Am I right in thinking that you feel.....right now?'

'I can see you feel.....when that happens. I would feel....if that happened to me.'

'I can see you are getting red in the face/clenching your fists/frowning/looking down at the ground. This makes me think you are feeling.....'

Provide an appropriate self-disclosure about a time you felt this way.