



Finding Clarity in Emotions Before They Take Over

Identifying feelings for calmer thinking

Naming and taming it is a mindfulness skill that helps you manage strong emotions by putting words to what you're feeling. Naming emotions can reduce their intensity, making them feel less overwhelming and easier to understand.

Use this skill to pause before reacting, giving yourself a chance to respond in a way that feels helpful rather than automatic.



Making Sense of Emotions in the Moment

Step 1: Pause and Notice

Take a moment to stop what you're doing and pay attention to what's happening inside you.

- What am I feeling right now?
- Where do I feel it in my body?

Step 2: Name the Emotion

Try to give your feelings a clear label. Use one word or a short phrase (e.g., anxious, sad, overwhelmed, lonely, ashamed)

- My emotion is: _____

Step 3: Describe It

Put your feelings into words. Try to capture what's happening without judging yourself.

- What thoughts or memories are connected to this feeling?
- How strong is this feeling (0-10)? _____

Step 4: Tame It

Use coping strategies to calm your body and mind.

You can combine this with TIPP, STOP, grounding or other skills you've learned.

- Which skills will I use?
- How will I respond mindfully to this feeling?

Step 5: Reflect

After using the skill, check in with yourself:

- How do I feel now?
- What worked well or what didn't? What can I try next time?

Don't struggle alone.

Reaching out can be your next step toward recovery. Contact us today to learn how we can help you find stability and a path forward.

ACUTE accepts patients 15+ years of age of all gender expressions suffering from severe medical complications associated with an eating disorder and/or severe malnutrition.



Call **877-228-8348** to speak with a member of the ACUTE admissions team.

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