

## MANAGING EMOTIONS GUIDE (MEG)

The MEG is for kids, teens and families. It helps you understand how you react when you experience “triggers” or are reminded of really stressful events.

Sometimes it is hard to realize that things going on around you can make it difficult for you to think clearly, stay calm and make good choices. The MEG can help you, your family and others figure out what leads to problems and what helps. Use the MEG to identify healthier strategies to use when you have strong emotions or behavior that is hard to control.

With your permission, copies of the MEG can be shared with anyone in your life who can help. That might include a grandparent, social worker, teacher or school counselor.

With the MEG, you can start to make changes that help you take charge of your emotions during times of stress.

### THIS MEG IS BY:

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**FOR:** *List everyone who should get a copy. Possibilities include YOU, therapist, parent, teacher, psychiatrist, home-based clinicians, coaches and anyone else you think knows you well and can help you when things get tough!*

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### MY PRIORITY PROBLEM I AM WORKING ON:

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**Step I: Understanding my emotions (Building Awareness)**

USUAL STATE	SURVIVAL-IN-THE-MOMENT STATES		
REGULATING <i>Being in control</i>	REVVING <i>Getting upset</i>	RE-EXPERIENCING <i>Losing control</i>	RECONSTITUTING <i>Getting it back together again</i>

**WHAT FLIPS MY SWITCH: What happens in my environment that gets me upset?**

**AWARENESS: What am I thinking, what am I paying attention to, am I spaced out?**

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**AFFECT: What do I feel, what does my face show, what does my body feel like?**

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**ACTION: What am I doing, what am I saying, what do I feel like doing?**

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**Step 2: Managing my emotions (Applying Awareness)**

<b>REGULATING</b> Being in control	<b>REVVING</b> Getting upset	<b>RE-EXPERIENCING</b> Losing control	<b>RECONSTITUTING</b> Getting it back together again
<i>Things I can do to continue to feel good and in control</i>	<i>Things I can do when I start to become upset</i>	<i>Things I can do to stay safe and keep myself from losing control</i>	<i>Things I can do to calm down and fix any problems that happened when I lost control</i>
<b>Things I can do</b>			
<b>Things an adult or a friend can do to help</b>			