

C.A.L.M

A Worksheet and Reflective Practice



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C.A.L.M Worksheet

This worksheet is designed to guide you through the process of managing your emotions in a healthy and constructive way. The CALM approach is a simple yet effective method to recognize, accept, listen to, and move through your emotions without being overwhelmed by them.

C: Catch

Recognize the emotional shift and its intensity.
Pause and acknowledge what you are feeling at this very moment.

- 1. Identify the Emotion:** What emotion am I feeling right now?
- 2. Intensity Level:** On a scale of 1-10, how intense is this emotion? 1-not at all: 10-Extremely
Where do I feel it in my body?
- 3. Moment of Recognition:** What triggered this emotional shift? Try to pinpoint the moment you became aware of this change.

A: Acknowledge

Accept the emotion without judgment. Understanding that it's okay to feel this way.

- 1. Acceptance:** How can I acknowledge this emotion with more understanding and grace?
- 2. Exploring Acceptance:** How can I recognize and accept this emotion without labeling it as good, bad, right or wrong? What does this process of acceptance reveal to me about my experiences? In what ways does it make sense?
- 3. Acceptance Practice:** How can I allow myself to feel this emotion fully for what it is, without judgment and reactively masking it?

L: Listen

Listen to what your emotions are telling you. They are indicators of our deeper thoughts, beliefs, and values.

- 1. Emotional Messages:** What is my emotion trying to tell me? What is the underlying need or message?
- 2. Inner Voice:** How can I tune in to my inner voice, heart, and intuition more effectively and intentionally?
- 3. Insight Gathering:** Where is this emotion rooted? In my thoughts, experiences, or something I deeply care about?

M: Move

Choose a beneficial action or response. This could be a physical movement, a shift in perspective, or an inner realization.

- 1. Beneficial Actions:** What are some beneficial actions I can take right now to address this emotion? What do I need?
- 2. Physical Movements:** Can be a simple physical movement, like deep breathing or a short walk.
- 3. Perspective Shift:** What is a new and more empowering perspective or focus I can adopt that would support me to navigate this emotion more effectively?

Reflection, Thoughts, Choices: