

Printable

Name _____

Date _____

WORKING WITH DIFFICULT EMOTIONS

Use the BCOOL method when you're experiencing difficult emotions.

Breathe: Take three deep breaths.

Calm: Use your breath to calm yourself down.

Okay: Know that you're okay.

Observe: Notice how you're feeling.

Love: Use your breath to hold yourself with love.

Instructions: Record your thinking below.

What is an emotion?

Why practice BCOOL?

When will you practice BCOOL?



FREE

BCOOL: WORKING WITH DIFFICULT EMOTIONS