

Hypnotherapy Coaching Dashboard – Emotional & Mood Tools

- 1. Emotion Identification & Labeling Tool**
Helps clients name emotions, assess intensity, and locate them in the body.
- 2. Self-Monitoring Mood Tracker**
Encourages clients to track emotional patterns, triggers, thoughts, and body sensations throughout the day.
- 3. Cognitive Reappraisal Exercise**
Teaches clients how to challenge automatic thoughts and reframe them into more balanced, helpful beliefs.
- 4. Distress Tolerance Toolkit**
Guides clients in using body-based and sensory tools to manage emotional overwhelm (includes TIPP skills).
- 5. Behavioral Activation Planner**
Helps clients identify small mood-lifting activities and track emotional improvement through action.
- 6. Guided Emotional Reflection Practice**
Supports clients in sitting with an emotion, listening to its message, and integrating insight.
- 7. Weekly Dashboard Review & Integration Page**
Encourages clients to reflect on their emotional week, spot patterns, and decide what to carry forward.

TOOL 1: Emotion Identification & Labeling

◆ **Pre-Talk: “Finding the Name for the Feeling”** (*Client-facing script – adjust as needed*)

“Before we can work with an emotion, we first have to know what it is.

Often, emotions feel like storms inside us. We feel off, or overwhelmed, or we react quickly — but we don't always know why.

One of the simplest yet most powerful tools we can use is *labeling*. Just giving your emotion a name. Not a story. Not a reason. Just a name.

And it's okay if the name isn't perfect — it just needs to be close enough.

When we do this, something interesting happens. The part of your brain that creates language — the prefrontal cortex — activates. It helps bring balance to the emotional brain.

So we're going to practice giving your feelings names.

Just notice what's true for you. This isn't about being right or wrong — it's about getting curious, slowing things down, and listening.

Ready? Let's explore."

◆ **Exercise: *Emotion Labeling Practice***

(Use this in session or as homework)

"Let's start by bringing your attention inward for a moment.

Close your eyes if you feel comfortable. Or soften your gaze.

Take a breath in — and as you exhale, just let the outside world become a little quieter.

Now, in this moment...

Can you notice what you're feeling emotionally?

Take your time. There's no rush.

Is it anger? Frustration? Sadness? Disappointment?

Or maybe it's something softer... like uncertainty, or shame, or loneliness.

When you find a word, say it aloud — or let me know.

(Pause for them to respond)

Good. Now let's take that one step further...

See if you can rate how intense that emotion is, from 0 to 10 — where 0 is barely there and 10 is overwhelming.

(Pause again)

Lastly, where do you feel that emotion in your body? Is it in your chest? Your stomach? Shoulders?

Just notice without judgment.

Beautiful. That's the whole practice — we name it, rate it, and locate it.

And the more often you do this, the more control you begin to feel.

Would you like to try this as a daily check-in this week?"



TOOL 2: Self-Monitoring Mood Tracker

◆ Pre-Talk: “Becoming a Detective of Your Own Mood” (*Client-facing script*)

“Sometimes emotions sneak up on us. We go from fine to frustrated... or flat to overwhelmed... and we’re left wondering what just happened.

But what if we started paying attention sooner — not to control it, but to understand it?

That’s what self-monitoring is. It’s like becoming a detective of your own emotional life.

You don’t have to write essays. You’re not journaling your soul — unless you want to.

You’re simply catching little moments through the day where you pause, check in, and jot down what’s going on.

That’s all.

And from this, you’ll start to see patterns. You’ll notice what triggers you, what soothes you, what thoughts come up again and again.

And most importantly...

You’ll begin to see that emotions are not random — they’re intelligent, and they speak a language we can learn.

Let’s look at how we’ll do that.”

◆ Exercise: *Mood Self-Monitoring Practice*

(3x/day check-ins for 3–5 days)

Instructions for Client:

You’ll check in with yourself 3 times a day for the next 3–5 days. You can use paper, your phone, or one of the mood tracking apps we discussed.

At each check-in, pause for just one minute and answer the following:

1. **What emotion am I feeling right now?**
(Pick 1–3 emotions. Use a feelings list if helpful.)
2. **How strong is it (0–10)?**
(0 = barely noticeable, 10 = overwhelming)
3. **What just happened before this feeling?**
(An event, thought, conversation, memory, etc.)

4. **What am I thinking or believing in this moment?**

(This helps you connect thoughts and emotions)

5. **Where do I feel this in my body?**

(E.g., tight chest, clenched jaw, etc.)

“You don’t have to analyze it yet. That part comes later — when we look at your patterns together. For now, your job is simply to notice, name, and record.

You’re learning to hear your emotional voice before it has to shout.”



TOOL 3: Cognitive Reappraisal

◆ Pre-Talk: “Rewriting the Story Inside Your Mind” (*Client-facing script*)

“Have you ever had a moment where you imagined something terrible would happen... only to find out later, it wasn’t true?”

Our thoughts are powerful. They shape how we feel, how we behave, even how we interpret reality. But here’s the key: just because we think something, doesn’t mean it’s true.

In fact, much of what we think — especially in emotionally charged moments — is automatic. It’s a script that plays without our permission.

Cognitive reappraisal is the process of pausing... catching that script... and gently rewriting it. Not with fake positivity — but with balance, perspective, and clarity.

As we do this, you’ll learn to change how you feel... not by changing your world, but by shifting how you see it.

Let’s give that a try.”

◆ Exercise: *Thought Reframing Practice (Cognitive Reappraisal)*

“Let’s start with a thought that’s been bothering you.

Something recent.

A stressful or upsetting situation — and what you were thinking in that moment.

Got one? Good.

Now, let’s walk through this together...”

Cognitive Reappraisal Script:

1. Original Thought:

“What thought did you have in that moment?”

Let’s write it down, exactly as it showed up.”

(E.g., “I’ll never get this right,” “They’re mad at me,” etc.)

2. Emotion and Intensity:

“What emotion did that thought bring up?”

How strong was it (0–10)?”

(Let the client name the emotion and number)

3. Challenge the Thought:

“Let’s ask some questions now.
Is this thought *absolutely* true?
What’s the evidence *for* it?
What’s the evidence *against* it?”

4. Alternative Perspective:

“If someone else you care about had this thought, what might you say to them?
What else could be true here — even if just a little?”

5. Balanced Thought:

“Now let’s create a new version of the thought — one that feels more balanced, more helpful, but still true.”
(E.g., “*I’m still learning and I’ve handled hard things before.*”)

6. Check-In:

“Now that you’ve reframed the thought...
How do you feel? What’s the emotion now? And how strong is it?”

“This isn’t about pretending things are perfect.
It’s about seeing things clearly — with compassion, and with options.
That’s the power of cognitive reappraisal.”



TOOL 4: Distress Tolerance Toolkit

◆ Pre-Talk: “Staying Steady When Emotions Run High” (*Client-facing script*)

“We all have emotional storms.

But some people feel them more intensely... like a wave that pulls them under.

In those moments, it’s hard to think clearly — and sometimes we say or do things we later regret.

That’s where distress tolerance comes in.

It’s not about fixing the feeling right away.

It’s about creating a pause... a little space... a lifeline, so we don’t get pulled under.

Think of it like a toolkit you can reach for when you feel overwhelmed.

Each tool helps your body calm down, so your mind can come back online.

Let’s explore a few of those now, and build your own ‘distress toolkit.’”

◆ Exercise: *Building and Using a Distress Tolerance Toolkit*

“Let’s build your personal distress tolerance plan — something you can actually use in real moments.”

Distress Toolkit Creation Script:

1. Introduce the TIPP Skills

“These are four body-based strategies to calm intense emotions:

- **Temperature Change** — Splash cold water on your face, hold an ice cube, or step outside.
- **Intense Exercise** — Do 20 jumping jacks or a brisk walk to move the energy.
- **Paced Breathing** — Inhale for 4, exhale for 6. Slow and steady.
- **Progressive Muscle Relaxation** — Tense and relax each part of the body, one at a time.”

2. Create a Sensory Toolkit

“Now let’s add a few items that engage your senses.

What calms you or brings you back to the present?”

Examples:

- Smell: calming essential oils
- Touch: stress ball, smooth stone

- Sound: calming playlist
- Sight: photo of a safe place
- Taste: strong mint or herbal tea

3. **Emergency Affirmation or Mantra**

“Choose a phrase that grounds you when you feel like you’re spinning out.”
(Examples: “*This feeling will pass.*” “*I am safe right now.*”)

4. **Practice Scenario (Optional Roleplay)**

“Let’s imagine you’re in a moment of conflict or overwhelm.
Which tool would you try first? Let’s walk through it.”

“Remember, you’re not trying to erase the feeling.
You’re just giving yourself space to ride it out safely, without harm.
That’s emotional maturity — and it’s powerful.”



TOOL 5: Behavioral Activation Planner

◆ Pre-Talk: “Doing Before You Feel Like Doing” (*Client-facing script*)

“When we feel low, tired, or unmotivated, the last thing we want to do is *act*.

But here’s the strange truth — waiting until you feel better before doing something... usually doesn’t work.

In fact, it’s the doing that often creates the feeling.

Behavioral activation is about small, intentional actions — even if they feel pointless at first — that gradually help lift your mood.

It’s like pulling yourself out of a fog by reaching toward light, one small step at a time.

And you don’t need to feel ready. You just need to feel *willing*.

Let’s find some light.”

◆ Exercise: *Weekly Behavioral Activation Planner*

“Let’s make a list of activities that *used to* bring you joy, energy, or peace — even if they don’t right now.”

Behavioral Activation Script:

1. Activity Brainstorm

“What are 10 things you used to enjoy — even a little?

Things that gave you a sense of meaning, comfort, or movement.”

(Use categories like: Social, Physical, Creative, Nature, Rest, Accomplishment)

2. Select 3 “Doable” Activities for This Week

“Now let’s choose 3 that feel doable — small is fine. Even 5 minutes counts.”

(Examples: call a friend, take a walk, draw for 5 minutes)

3. Schedule Them

“When will you do these? Let’s write them down and treat them like appointments with your well-being.”

4. Track Mood Before and After

“After each activity, rate your mood before and after (0–10).

This helps you see the subtle lift.”

“Your mood may not change instantly — but with repeated practice, your body and mind begin to shift.

One step... then another.

And suddenly, you’re not in the same place anymore.”

TOOL 6: Guided Emotional Reflection

◆ **Pre-Talk: “Listening to What Your Feelings Are Saying”** (*Client-facing script*)

“Every emotion carries a message — even the ones we don’t like.

And sometimes, all that emotion really wants... is to be heard.

Not fixed. Not judged. Just heard.

When we listen to emotion like this, something changes.

It softens.

It completes something.

And it lets go, like a child who finally gets the attention they needed.

This next practice will guide you to pause, feel, and reflect — gently.

You’re not diving in headfirst.

You’re simply becoming curious... like meeting a stranger at the edge of your awareness, asking:

“*What are you trying to show me?*”

Let’s listen.”

◆ **Exercise: 5-Step Emotional Reflection Practice**

“We’re going to sit with an emotion for a few minutes — not to push it away, but to understand it.”

Script:

1. Pause and Breathe

“Close your eyes if that’s comfortable.

Take a slow breath in... and out...

Let the outer world grow quiet for a moment.”

2. Name the Feeling

“Notice what emotion is present right now — even just a hint of it.

Give it a name, if you can.

(Pause)

If it helps, say: ‘Right now I feel...’ and fill in the blank.”

3. Feel the Body

“Where do you feel this in your body?

Is it tightness in your chest? A knot in your stomach? A heaviness somewhere?

Just notice — no need to change it.”

4. Ask the Emotion

“Now ask it gently...

‘What do you want me to know?’

Let the answer arise, even if it’s just an image, word, or sensation.”

5. **Complete the Conversation**

“Let the emotion know you’ve heard it.

Say thank you — or offer kindness to yourself.

Take a deep breath, and when you’re ready... return to the room.”

“You can do this daily — or whenever something feels stuck.

Over time, emotions stop being scary visitors...

and become trusted guides.”



TOOL 7: Weekly Dashboard Review & Integration Page

◆ Pre-Talk: “Seeing the Patterns, Gathering the Wisdom” (*Client-facing script*)

“When we’re in the middle of emotional waves, it can be hard to make sense of anything.

But when we pause at the end of the week and look back...
patterns begin to emerge.

We see which tools helped.
Which triggers show up again and again.
Which thoughts keep repeating.
And also... how far we’ve come.

This practice is about integration — pulling together the wisdom of your emotional journey so it becomes usable in your everyday life.

Like reviewing a map after a long walk through the woods...
so you know where you are — and where to go next.

Let’s begin.”

◆ Exercise: *Weekly Emotional Review Template*

“Set aside 15–20 minutes at the end of the week to complete this reflection.”

Weekly Review Script (Client Worksheet or Session Guide):

1. What emotions showed up the most this week?

Write down 3–5 recurring emotions. Were they helpful, draining, surprising?

2. What triggered those emotions most often?

Situations, people, thoughts, body states?

3. Which tools or strategies did I use — and how effective were they?

(E.g., labeling, breathing, reappraisal, walking, journaling)

4. What thought patterns repeated themselves?

Notice recurring beliefs (e.g., “I’m not good enough,” “It’s always my fault”).

5. What new awareness or insight emerged this week?

Any ‘aha’ moments, changes in behavior, or emotional shifts?

6. What do I want to continue practicing next week?

Choose 1–2 tools to keep using or experimenting with.

7. **One word or image that describes my emotional journey this week:**

(Optional: draw or describe it)

“Emotions become manageable when we give them structure.
And life becomes richer when we can look at our own story with clarity — not just feeling it, but learning from it.”