



Use the SCOPE Strategy To Manage Strong Emotions

What emotion(s) are you experiencing? _____

Think about your own experiences with this emotion and how you have responded to it by answering these questions:

Describe a situation in which you felt this emotion(s):

Describe your reaction to the situation:

What do you think your reaction was based on?

Describe a time when had a reaction to this emotion that surprised you:

One OPTION is based on the "5 W" question words we often use to help us understand what we are reading: Who, What, When, Where, and Why.

To use this strategy, you will consider why you feel the emotion and describe it, then answer several questions to help you manage it.

Who can support you as you manage these emotions?

What steps will you take to manage your emotions? What challenges do you anticipate along the way?

When do you want to begin this process? When do you hope to see results?

Why is this important to you?

