



Emotional Regulation Audit

A gentle guide to understanding how you return to balance

Introduction: What emotional regulation really means

Emotional regulation is often misunderstood.

It's not about being calm all the time, suppressing emotions, or "staying positive." And it's not about fixing yourself.

Emotional regulation is the ability to recognise when your internal state has shifted, and to support yourself back to balance in ways that actually work for you.

Everyone regulates their emotions in different ways.

What helps one person settle may overwhelm another.

What brings relief in one season of life may stop working in another.

This audit isn't about learning new techniques.

It's about becoming more aware of the tools and responses you already have, and how effective they really are.

That awareness is what builds self-expertise.

How to use this audit

This is not a test.

There are no right or wrong answers.

You don't need to complete everything at once.

Use this audit as a reflective tool.

You may choose to work through it in one sitting or return to it over several days.

Notice what stands out.

Skip what doesn't feel relevant.

Let curiosity lead.

You are looking for **patterns, not perfection.**

Noticing your emotional landscape

Start by simply observing.

Without judgement, reflect on the emotions that most often pull you out of balance.

You might notice:

- Irritability
- Anxiety
- Overwhelm
- Low mood
- Restlessness
- Emotional numbness
- Frustration
- Sadness

You don't need to analyse why they show up yet.

Just notice:

- Which emotions appear most frequently?
- Which feel most disruptive to your sense of ease?
- Which linger the longest once they arrive?

You may find it helpful to jot down a few words or examples.

How emotions show up in your body

Emotions are not just mental experiences.

They are physical events.

When your emotional state shifts, what happens in your body?

You might notice:

- Changes in breathing
- Tightness in the chest, jaw, shoulders, or stomach
- A drop or surge in energy
- Restlessness or heaviness
- A desire to withdraw or move

These sensations are not problems to solve.

They are information.

Becoming familiar with how emotions land physically can help you recognise them earlier, before they escalate.

Your existing regulation tools

You already regulate your emotions, whether you realise it or not.

This section is about recognising **what you naturally reach for** when you need to shift your internal state.

Consider the following areas and note what resonates.

Movement	Sound & Music	Laughter & Lightness
<ul style="list-style-type: none">• Walking• Stretching• Exercise• Dancing• Gentle movement or stillness	<ul style="list-style-type: none">• Listening to music• Singing• Humming• Background noise or silence	<ul style="list-style-type: none">• Comedy• Light-hearted conversations• Playfulness• Watching RomComs
Creativity & Focus	Nature & Environment	Expression & Release
<ul style="list-style-type: none">• Cooking• Creating• Crafting• Organising• Immersive tasks that quiet the mind	<ul style="list-style-type: none">• Being outdoors• Gardening• Watching the sky, water, or trees• Changing your physical space• Being near water• Hugging trees	<ul style="list-style-type: none">• Talking things through• Journalling• Writing• Voice notes• Getting thoughts out of your head and into the world

Sensory Regulation

- Warm showers or baths
- Comforting food or drink
- Comforting weight or pressure (blankets, body contact)
- Familiar smells

You don't need to use all of these. Just notice which ones you already rely on, consciously or unconsciously.

Effectiveness and recovery

Not all regulation tools work equally well, even if they feel familiar.

Reflect on the tools you identified and consider:

- Which help you return to balance most reliably?
- Which help in the moment but leave you drained later?
- Which used to work well but don't seem as effective now?
- How long does it usually take for you to feel settled again?

Recovery time matters.

It tells you how much support your system actually needs, not how much you think it *should* need.

Patterns over time

Emotional regulation isn't about single moments.

It's about trends.

Over the past week or two, you might reflect on:

- What tended to pull you out of balance?
- What helped you recover most often?
- What didn't help, even if you hoped it would?

You may notice patterns related to:

- Stress levels
- Sleep quality
- Social interaction
- Workload
- Sensory overload
- Transitions or uncertainty

This isn't about changing anything yet.

It's about understanding what your system is responding to.

A gentle weekly reflection

If you choose to return to this audit regularly, a simple weekly check-in can be enough.

You might ask:

- When did I feel most out of balance this week?
- What did I do to support myself?
- What actually helped?
- What didn't?

Short notes are enough.

Awareness builds over time.

Closing reflection

Emotional regulation is not about controlling your emotions.
It's about learning how to support yourself when emotions move.

You don't need to master this.

You don't need to optimise it.

Simply noticing what helps you return to balance is already an act of self-expertise.

With time, that awareness gives you more choice.

More confidence.

And a deeper trust in your own signals.

That is the work of self-expertise.