Emotional Coaching Script

PRACTICE SHEET

1

Recognize and Name the Emotion
"It looks like you're feeling frustrated right now. That makes a lot of sense - this was important to you

Validate the Emotion (without fixing it yet)
Anyone would feel this way in your shoes. It's okay to feel upset—mistakes can be tough to deal with.

2

3

Set Limits (If needed)
It's okay to feel upset, but it's not okay to shut down or speak harshly to yourself. Let's take a moment to pause."

Support the Next Step
"What do you think this moment is trying to teach you?
Even though this feels hard, it might be a stepping stone."

4

5

"Support the Next Step"
Let's figure out one small step you can take next. I'm here with you—you don't have to fix it all at once."

This is an example to use when a colleague makes a mistake at work, school, or even a relationship. progress is non-linear and we learn more from mistakes than success. Be mindful of this as you grow as a person