



# COACHING REFLECTION FOR EMOTIONAL LOAD MOMENTS

*Snapshot*

**PURPOSE:** Quickly capture the coaching moment that carried emotional weight.

**Date/Time:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **PARTICIPANT:** \_\_\_\_\_

**Context:** (benefit cliff? crisis? financial stress? employment? family? other?)  
\_\_\_\_\_  
\_\_\_\_\_

**Triggering Moment or Cue:** (what the client said/did that signaled emotional load)  
\_\_\_\_\_

## *Emotional Load Identification*

**What was the Participant's emotional state during the session?**

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Fear         | <input type="checkbox"/> Confusion     |
| <input type="checkbox"/> Shame        | <input type="checkbox"/> Grief/Loss    |
| <input type="checkbox"/> Overwhelm    | <input type="checkbox"/> Embarrassment |
| <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Anxiety       |
| <input type="checkbox"/> Anger        | <input type="checkbox"/> Other: _____  |

**What internal reactions did you experience?**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Trigger    | <input type="checkbox"/> Emotional Resonance |
| <input type="checkbox"/> Tightening | <input type="checkbox"/> Other: _____        |
| <input type="checkbox"/> Freeze     |  |

## *Regulation Needs*

**What trust-building techniques did you use?**

- |  |   |
|--|---|
| <input type="checkbox"/> Slowing the Pace          | <input type="checkbox"/> Containment (redirect catastrophizing) |
| <input type="checkbox"/> Check-ins (Is this okay?) | <input type="checkbox"/> Others: _____                          |
| <input type="checkbox"/> Validation/Normalization  |   |

**What are my regulation needs?**

- |   |  |
|---|--|
| <input type="checkbox"/> Re-Centering Breath  | <input type="checkbox"/> Noticing Urge to Problem-solve            |
| <input type="checkbox"/> Check My Own Stories | <input type="checkbox"/> Reaffirming Practitioner Role (not fixer) |
| <input type="checkbox"/> Slow My Pace or Tone | <input type="checkbox"/> Other: _____                              |



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## Strategies

### Which trauma-informed strategies did you use?

- |   |  |
|---|--|
| <input type="checkbox"/> Reflective naming                      | <input type="checkbox"/> Normalize the emotional experience and externalize blame (“It’s not you, this system is quite confusing”) |
| <input type="checkbox"/> Chunking information                   | <input type="checkbox"/> Containment to re-Anchor Strengths (“You’ve navigated hard systems before”)                               |
| <input type="checkbox"/> Soft starts for collaborative planning | <input type="checkbox"/> Offer Choice (“Which one feels safest to explore first?”)   |
| <input type="checkbox"/> Asking Permission                      |  |

Which moves I didn’t use that I want to try next time and why?

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## Scripts & Phrases to Practice

### Strengthen your Practitioner Voice for Emotionally Charged Moments

#### Supportive & Grounding Phrases:

- “It makes sense you’re feeling this way.”
- “You’re not alone in this; we’ll walk through it together”.
- “Let’s take this one step at a time.”
- “There’s no rush; we can slow this down.”
- “Nothing is wrong with you. The system is complex.”
- “Which part feels the most overwhelming right now?”
- “What would help your body settle just a little bit?”

Which phrases should you try on the next emotional load moment? \_\_\_\_\_

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## Micro Plan for Next Session

### Ensure Continuity, Emotional Safety, and Forward Momentum

- Immediate Next Step: \_\_\_\_\_
- Item to Check in on Next Time: \_\_\_\_\_
- Emotional Safety Follow Up: \_\_\_\_\_
- Info/Resources to Prepared: \_\_\_\_\_
- Opening for Next Session:
  - Last time we spoke about: \_\_\_\_\_,
  - A question I can ask to check-in: \_\_\_\_\_