



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: _____ |



COACHING REFLECTION FOR EMOTIONAL LOAD MOMENTS

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?

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? _____

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: _____