

The Five Essential Steps of Emotion Coaching Dr John Gottman

Step 5: Set limits while helping the child to problem solve

Step 4: Help the child to verbally label emotions

Step 3: Listen with empathy and validate the child's feelings

Step 2: Recognise the emotion as an opportunity for intimacy and teaching

Step 1: Be aware of the child's emotions

Possible sentences

- Sounds like you're feeling angry
- Something has made you feel sad
- Sounds like something is going on
- I can see you are...
- You seem sad to me (upset, angry, fed up etc.)
- It's annoying when someone _____
- That's scary
- I get that you are _____