

Emotion–Thought–Action–New Emotion

Emotional development is a process that gives adolescents the ability to develop essential self-awareness and self-management skills. When adolescents can recognize their emotions, they have greater self-efficacy when responding to challenging situations which can lead to more positive outcomes.

Share the Emotion–Thought–Action–New Emotion process with your adolescent to help him or her choose positive actions and manage emotions in beneficial ways:

1. **EMOTION** How do you feel about the situation?
2. **THOUGHT** What is the most positive thought you can have about the situation?
3. **ACTION** What positive action can you take?
4. **NEW EMOTION** How do you feel about the situation now?

When an adolescent chooses to think and act in positive ways in challenging situations, those situations are more likely to end well.

Building Your Adolescent’s Social and Emotional Competence

Self-management and self-awareness are social and emotional learning competencies that help adolescents effectively regulate their emotions, control impulses, motivate themselves, take the perspective of, and empathize with others, including those of diverse backgrounds and cultures. These activities help adolescents build the capacity to identify emotions and practice self-discipline.

Brainstorm It!

Reinforce your adolescent’s self-management and self-awareness skills by brainstorming together and saying positive, self-talk mottos to each other that can be used in difficult situations to help your adolescent manage emotions, thoughts, and actions in positive ways.

Create It!

Have your adolescent create a poster illustrating the Emotion–Thought–Action–New Emotion process. Ask your adolescent to include positive statements they could say to themselves to manage emotions, thoughts, and actions effectively.

Many adolescents are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your adolescent knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

