



Emotional ELEVATION WITH KADY JACOBS

Tips for Managing Emotional Sensitivity

These strategies help regulate emotional responses and build resilience.

Settling the Body

- **Name the sensation:** Identify where disappointment lives in your body (tight chest, clenched jaw, etc.).
- **Grounding techniques:** Use breathwork (e.g., box breathing), cold water, or sensory anchors to calm the system.
- **Movement release:** Shake, stretch, or walk to discharge emotional energy before responding.

Shifting Your Thinking

- **Reality check:** Ask, “What else could be true?” to challenge automatic negative interpretations.
- **Expectation audit:** Review whether the expectation was realistic, communicated, and mutually agreed upon.
- **Compassionate lens:** Consider the other person’s capacity, context, and intent before reacting.

Say What Hurts, Ask What Heals

- **Use “impact” language:** Instead of blame, say “When this happened, I felt...” to express hurt without escalation.
- **Request repair:** Ask for what you need to feel seen or supported moving forward.
- **Set boundaries:** If unmet expectations are chronic, clarify limits and consequences with firmness and care.

Build Your Healing Habits

- **Expectation journal:** Track unmet expectations, your reactions, and what you learned from each.
- **Weekly check-in:** Reflect on one moment of disappointment and how you handled it—what worked, what didn’t.
- **Reparenting script:** Write affirmations or self-talk that soothe the inner child when expectations aren’t met.