

The Rate Worksheet

If you want to understand and improve your emotional intelligence and wellbeing you can try applying the much-researched RATE model.

Using the RATE model:

1. Recognize the feeling you experience.
2. **A**ccept this feeling - even if it unpleasant (like disgust, anger or sadness.)
3. Take care of yourself and find a healthy strategy to feel better.
4. Express feelings in a respectful way and help others to understand you.

Point 4 is extremely important! Simply by sharing feelings we feel better.

Follow these steps:

Recognize

Recognize the feeling you experienced.

Label it and give your emotion a name: _____

Accept

Accept the feeling even if it is unpleasant.

Remind yourself that this feeling is NOT you but something happening to you.

This too shall pass if you don't get lost in the feeling.

How can you accept this feeling? Capture your ideas on accepting it here: _____

Take Care of Yourself

Take care of yourself and find a healthy strategy to feel good.

What can you do to make yourself feel good? You could:

- Go for a walk in a park
- Learn to meditate
- Exercise
- Be kind to someone
- Be loving to you
- Something else, such as: _____

Express yourself

Expressing the feeling in a respectful way to yourself and others is vital.

Talk to someone, a friend, a coach, a family member, even a pet - cats are really good listeners.

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