

EMMA MCADAM

A little more room around a big feeling

Use this page after Emma McAdam's talk as a small place to practice. You do not have to solve the whole feeling at once.

NeuroDiversiion companion worksheet • based on Emma McAdam's talk

1. Pause and name the feeling

Emma describes emotion processing as a sequence that starts with slowing down, observing, and naming what is happening. Try a plain word, a body sensation, or both.

Right now I notice:

My body is:

2. Create a little space

In the talk, Emma suggests movement, a change of room, writing, or saying the feeling out loud as ways to slow the process down. Pick one that feels possible today.

I could try:

☐ Move my body ☐ Change rooms ☐ Write it down ☐ Use a voice memo

The smallest version is:

3. Choose the next useful step

After a pause, Emma's example checks the facts, remembers the relationship, notices values, and makes a small plan. Choose one next step that supports you rather than adding pressure.

What matters to me here:

My next small step:

A reminder I want nearby:
