

EMOTIONAL

SELF-REGULATION



JOURNAL

BEDFORD COUPLE & FAMILY THERAPY

Welcome!

I am a Registered Psychologist with the Nova Scotia Board of Examiners in Professional Psychology (since 2013). I received a B.A. with honours (psychology) from Wilfred Laurier University (2004) and a M.A. and Ph.D. in Clinical Psychology from the University of Windsor in 2007 and 2011, respectively.

I am certified as an Advanced Therapist in Emotion Focused Family Therapy through the International Institute for Emotion-Focused Family Therapy.

Prior to being in private practice, I worked with the IWK Outpatient Mental Health and Addictions program from 2012 until 2021. I have also worked in the education system and in private practice.

While these are my professional credentials, I'm no different from the people I see. Like everyone else, I'm human. I've been through both wonderful and difficult experiences that have shaped who I am and how I help.

Dr. Adam Kayfritz



These journalling prompts are based on the work of Dr. Adele Lafrance who has created a tool called the Process of Emotional Self Exploration. If you would like to read more about her work you can do so at <https://dradelelafrance.com> or you can watch the video she has created to guide you through her tool <https://dradelelafrance.com/ease>

JOURNALING PROMPTS

1. Describe the Triggering Moment What happened? What did your child do or say? (Stick to the facts without judgment.)

2. Notice Your Immediate Reaction What emotion came up first? (Examples: frustration, sadness, hurt, helplessness, anger, fear)

How strong was this emotion?

0



10

JOURNALING PROMPTS

3. Identify the Deeper Meaning What did it feel like underneath the initial emotion? Examples: disrespected, not heard, invisible, not good enough, powerless)

4. Connect to a Past Experience Does this feeling remind you of a memory from your childhood or teen years? What happened then?

What message did you absorb at that time? "My feelings don't matter," "I'm too much," "I'm not important," etc.

JOURNALING PROMPTS

5. Identify What You Needed Back Then: If you imagine your younger self in that moment: What did they need? Examples: comfort, protection, validation, someone listening, reassurance

6. Offer Compassion to Your Younger Self: Write a short message from your adult self to your younger self: "Your feelings matter." "You're allowed to be upset." "You deserved comfort." You did nothing wrong."

JOURNALING PROMPTS

7. Regulate in the Present Moment

What can help you settle your body right now?

(check any that apply)

- ☐ Deep breathing
- ☐ Grounding (feet on floor, slow inhale/exhale)
- ☐ 10-second pause before responding
- ☐ Naming your feeling silently
- ☐ Stepping away briefly
- ☐ Softening your shoulders/jaw
- ☐ Other: -----

8. Choose a Grounded Response: How do you want to respond to your child now that you understand what's happening inside you? Examples: hold a boundary calmly, validate their feeling, ask for a redo with warmth, speak with softer tone

9. Repair if Needed If your reaction was bigger than you intended: What can you say to repair the moment? Examples: "I got overwhelmed — that was my feeling, not your fault." "I'm sorry for snapping. I want us to try again." Write your repair phrase:

JOURNALING PROMPTS

10. Reflect on What You Learned: What did this moment teach you about yourself?



WANT LEARN MORE?

If you're ready to deepen your emotional awareness and create a more grounded, connected parenting experience, I'd be happy to support you. Reach out to book an individual therapy session or a parent/caregiver therapy session with me at Bedford Couple & Family Therapy — I'm here to help you navigate this journey with clarity, confidence, and compassion.

This resource is designed for general reflection and personal growth only. It is not a substitute for therapy and does not create a therapeutic relationship. If you need individualized support, please reach out to me or another licensed mental health professional.

dr.adam@bedfordtherapy.ca
<https://bedfordtherapy.janeapp.com>