



Recognising our emotions: using Marc Brackett's RULER

Being able to recognise how we're feeling helps us to build [self-awareness](#).

[Marc Brackett's RULER mnemonic](#) is a simple tool for interrogating our emotions (and other people's) as a precursor to deploying them appropriately and effectively.

- R** ecognising emotions in self and others
- U** nderstanding the causes and consequences of emotions
- L** abelling emotions accurately
- E** xpressing emotions appropriately
- R** egulating emotions effectively

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How to use RULER

Use the template below to identify your emotions, understand what's causing them and label them accurately.

Then consider how these emotions might be expressed and managed.

Be honest. Even emotions we might consider to be negative – like anger or envy – are points of information we can use to build a fuller picture of how our emotions might help or hinder how we behave and what we do.

R

What emotion/s am I feeling?
[What emotions are others feeling?]

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U

Why am I [others] feeling like this?
What might happen as a result?

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L

How can I label what I'm [others are] feeling?

--

E

How can I [others] express what I'm feeling
appropriately?

--

R

How can I [others] regulate or manage what
I'm feeling?

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