

Flipping Your Lid Worksheet

FLIPPING YOUR LID





What does it mean to "Flip your lid"? _____

Has your lid ever flipped? If so, what caused it to flip? _____

What emotions or feelings were you having when your lid flipped?
(Circle the emotion)

Anger Embarrassment Scared Nervous Surprised
Frustration Sadness Unsafe Other

What calming strategies have you used that you know work for you when you experience big emotions? (Write them in the stars below)

Flipping your lid worksheet is a powerful tool designed to help individuals, particularly children and those working in educational or therapeutic settings, better understand their emotions and how to manage them effectively. The term "flipping your lid" is often associated with the brain's response to stress and overwhelming emotions, which can lead to a state of heightened reactivity, akin to losing control. This article will delve into the concept of "flipping your lid," the importance of worksheets in emotional regulation, and how to effectively use a flipping your lid worksheet in various contexts.

The Concept of "Flipping Your Lid"

The phrase "flipping your lid" originates from the work of Dr. Dan Siegel, a clinical professor of psychiatry. It describes a state in which the brain's rational part, the prefrontal cortex, becomes less active while the emotional centers, such as the amygdala, take over. This often results in impulsive reactions and difficulty in managing emotions.