



SKILLSIGNAL

TOOLBOX TALK

Name It to Tame It: Turn Down the Volume in Your Head

TOPIC NO. TBT 05	DURATION 10 to 15 min	AUDIENCE All Crew
PROJECT / JOBSITE	DATE	PRESENTED BY

01 THE HOOK

START HERE

You're on the site. Something sets you off. You feel the heat in your chest, the jaw clench, the noise in your head. You don't have a word for it yet. You're just "off." And when you're off and you don't know why, that's when bad calls happen. The drill bit slips. The signal gets missed. The email gets sent you wish you hadn't. There's a neuroscience fix for this, and it works in seconds.

02 WHAT IS NAME IT TO TAME IT?

When an emotion hits, your **amygdala** (the alarm system in your brain) lights up. It takes over. You go reactive. But the moment you *label* what you're feeling with a specific word, something happens: activity shifts to your **prefrontal cortex** (the thinking, decision-making part). Brain scans show it happens in seconds.

In plain English: **naming the emotion shrinks it**. You go from *being* angry to *noticing* that you're angry. That small gap is where better decisions live.

03 VAGUE VS. SPECIFIC

The trick is precision. "I'm stressed" doesn't help much. "I'm frustrated because I got blamed for something that wasn't my fault" changes everything. The more specific the name, the smaller the emotion gets.

UNNAMED (REACTIVE)	NAMED (IN CONTROL)
"I'm losing it."	"I'm frustrated because the plan changed twice."
"This guy is driving me crazy."	"I'm annoyed. I feel disrespected."
"I'm done. I'm checked out."	"I'm burned out. I need 10 minutes."

04 WHY IT MATTERS

[JOBSITE]

FOR THE CREW

Most jobsite blowups start with unnamed frustration stacking up. Naming it early defuses it before it becomes a shouting match, a safety violation, or a walkoff.

[INDIVIDUAL]

FOR YOU

You stop feeling hijacked by your own head. Instead of losing two hours to a mood you couldn't explain, you identify it, address it, and get back to work.

[HOME]

FOR LIFE OFF-SITE

Ever snap at your spouse and not know why? Named emotions don't leak out sideways. You come home with words for what happened, not just a bad mood.

05 TODAY'S DRILL

TODAY'S DRILL THREE-WORD CHECK-IN

Once today, when you notice your mood shifting, stop. Find three words for what you're actually feeling. Not "mad." Try "disrespected, rushed, and hungry." That's the tame. Then get back to work with a clearer head.

06 CREW DISCUSSION

Take 2 minutes. Pick one.

1. What's a time a bad mood led to a bad decision on this job? Could naming it have changed the outcome?
2. What are the three emotions you feel most often on site? Do you have names for them, or do they just blur into "off"?
3. Who in your life is good at naming what they feel? What does that look like in practice?

