

How I Get Skeptics to Actually Use Emotion Regulation (Without Over-Explaining or Second Guessing Myself)

I've taught emotion regulation in rooms where people were already mentally checked out... and watched those same people lean in, engage, and actually *use it* days later.

Not because I explained it better.
Not because I said more.

Because I stopped over-explaining altogether.

This is for you if...

You're a coach, leader, or professional who knows your work is powerful—but you feel yourself:

- Over-explaining to get people on board
- Adding more context so they “get it”
- Second guessing whether you said it the *right way*

And somehow... the more you say, the less it lands.

So you assume:
“I just need to explain it better.”

You don't.

The real issue?

When someone's nervous system isn't available, more explanation doesn't create clarity—

It creates overwhelm.

TRANSITION:

Here are the 2 things I do every week to get real buy-in and engagement—without over-explaining or second guessing myself.

◆ PART 1: First Step

I teach the nervous system before I teach the skill.

Most people try to *convince*.

I orient.

That one shift removes the need to over-explain entirely.

Here's what that looks like:

Biology over Explanation

If you find yourself explaining more and more...
it's usually because it's not landing.

Why this matters:

The brain doesn't trust long explanations under pressure.
It trusts what feels *viscerally true*.

Biology does that instantly.

Mapping over Convincing

You don't need them to agree.
You need them to *see themselves in it*.

Why this matters:

When people can locate themselves in a map,
they stop needing persuasion.

Precision over Volume

More words ≠ more clarity.

Why this matters:

The nervous system filters for relevance, not length.
The more precise you are, the less you have to say.

Self-Recognition over External Validation

You don't need them to believe *you*.

You need them to recognize *themselves*.

Why this matters:

Self-recognition bypasses skepticism entirely.

Small win:

The first time I shifted this, someone interrupted me mid-session and said:

“Wait... that's exactly what happens to me.”

I hadn't even gotten to the “teaching” yet.

That's when I knew:

I didn't need to say more.

I needed to say it differently.

By the way...

This is exactly what I break down inside my [Emotion Regulation Neuroscience Micro Course](#)—how to teach this so it lands *without you having to over-explain anything*.

◆ PART 2: Second Step

I design for resistance instead of trying to talk my way around it.

Over-explaining is usually a response to resistance.

But here's the shift:

Resistance isn't something you push through with better words.
It's something you understand.

3 Things You Need to Make This Work:

1. A Way to Decode Resistance in Real Time

So you're not guessing why they're disengaged

Why this matters:

When you don't understand resistance, you compensate by talking more.
When you *do* understand it, you adjust instead.

2. Language That Lands Without Effort

Not more language. The *right* language.

Why this matters:

The right phrasing reduces the need for follow-up explanation.
It clicks the first time.

3. Trust in Your Delivery

So you're not constantly editing yourself mid-sentence

Why this matters:

Second guessing fragments your message.
Certainty organizes it.

Think of it like this:

If someone doesn't speak your language,
you don't talk louder—you translate.

Most people are just talking louder.

If you're ready to stop over-explaining
and finally have your work *land* the first time—

👉 [Grab the Emotion Regulation Neuroscience Micro Course for \\$44](#)

This is the exact method I use to:

- Get buy-in from skeptical audiences
- Reduce resistance without pushing harder
- And teach emotion regulation in a way people actually *use*

Without over-explaining.

Without second guessing.

Without losing the room.
