**EMOTIONAL REGULATION SKILLS**

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| Goals of Emotional Regulation | 1. UNDERSTAND THE EMOTIONS YOU EXPERIENCE: Identify (observe and describe) the emotion
2. REDUCE EMOTIONAL VULNERABILITY: Decrease negative vulnerability and increase positive emotions.
3. DECREASE EMOTIONAL SUFFERING: Let go of painful emotions and change painful emotions through opposite action.
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| Reduce Vulnerability:PLEASE | P-Physical (treat physical illness; take care of your body; take prescribed medications)L- HeaLth (Balance your eating; don’t eat too much or too little)E- Eating (Avoid foods that make you feel bad)A- Altering (Avoid non-prescribed mood altering substances and behaviors)S- Sleep (Get a balanced amount of sleep for your body- not too much or too little)E- Exercise (Exercise can be a natural anti-depressant, anti-anxiety; get some daily) |
| Build MASTERY | Do something that makes you feel competent, in control, and good about yourself.Consider activities that are a little challenging.Develop a new hobby or skill and show it to someone. |
| Build Positive Experiences | Short-term: Do things that are possible now, do them daily.Long-term: Make changes in your life so that positive things will happen; work toward goals.Focus on positive aspects of each event, rather than on the negative.Make a list of positive events you want in your life and list small steps toward goals; take a first step no matter how small.ATTEND TO RELATIONSHIPS: repair damaged relationships, reach out for new ones, work on current ones. AVOID GIVING UP. |
| Letting go of Emotional Suffering:Mindfulness of Your Current Emotion | OBSERVE YOUR EOMTION: Just notice and describe the emotion nonjudgmentally.EXPERIENCE YOUR EMOTION: As a wave coming and going, try not to block, suppress it, or push it away, but don’t hold on to it.REMEMBER YOU ARE NOT YOUR EMOTION: You do not have to ACT on the emotion just because you are experiencing it. Remember times when you felt this way but did not act on it.ALLOW TIME FOR NEGATIVE EMOTIONS TO PASS: They always do and you’ll feel better. RADICALLY ACCEPT YOUR EMOTIONS. |
| Opposite-to-Emotion-Action | Acting contrary to how you feel in order to change the emotion will teach your brain to respond differently to painful situations.FEAR: Do what you are afraid of doing; over and over again. Take a risk. APPROACH events, places, activities, and people you are afraid of. Do things that give you a sense of CONTROL and MASTERY. If you get overwhelmed, make a list of small steps toward the goal and DO THE FIRST THING on the list.GUILT OR SHAME: REPAIR what you’ve damaged. Say you’re sorry, APOLOGIZE. Make things better and do something nice for the person you offended. ACCEPT consequences with grace and dignity and then LET IT GO.SADNESS OR DEPRESSION: Stay ACTIVE and don’t dwell on problems! Don’t hibernate alone. Do things that make you COMPETENT and SELF-CONFIDENT.ANGER: Gently AVOID THE PERSON you are angry with rather than attacking. Do something nice rather than mean or attacking. IMAGINE SYMPATHY and EMPATHY for the other person rather than blame. Try to PUT YOURSELF IN THEIR SHOES and see the world through their eyes. |