## DBT EMOTION REGULATION COPING SKILLS HANDOUT

## B DBT Emotion Regulation Skills

The emphasis of **DST Emotion Regulation Skills** is reducing emotional intensity, identifying feelings, coping with feelings, and practicing self-care.



#### A Model Of Emotions

Understanding and naming emotions; understanding triggers and thoughts that precede emotions: understanding that emotions have purpose.



#### Check The Facts

Ask yourself the following questions to check STATE SANCTON

- () What event triggered my emotion?
- 2) What interpretations or assumptions am I making discount of the environment
- 3) Does my emotion and its intensity match the facts of the situation? Or does it just match my assumptions of Office and according and

"Thermember that Thoughts, Feetings, and Emotions are BACKET MAKERING



#### Problem Solving

- 1) Take slow, deep breaths to calm down your brain
- and body to help you think more clearly. Vehicle is the situation or problem?
- What is your good for solving the problem? Brainstorm some solutions to solve the problem.
- Choose the best solution.
   If the solution doesn't work, try-a different solution.

 Short term goal = experience pleasant events mirroflully.

Long-term gool - Moke changes in your life so that positive events will hoppen more often in the future. . Do things that make you feet competent and effective each day such as hobbies, skills, home or school Cope ahead of time with emotional situations Rehearse a plan ahead of time so you. are prepared to cope stillfully will emotional situations. Take Care Of Your Mind By Taking Care Of Worker Broadwit Treat Physical (Liness. Botomoed Eating Avoid mood Altering substances Balanced Steep

Gest Emercials

ABC PLEASE - Helps to Increase positive emotions

and **reduce** chances of failing into Emotional Mind.

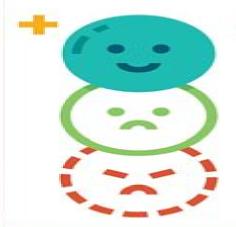
Accumulate positive emotions

Opposite Action - When on emotion is doing more harm than good, practice Opposite Action by acting site to the usual behavior associated with the emotion. This can help you change your emotion.

Emportion	Common Behaviors	Opposite Action
.Aurogray	Attock, Yell, Argue	Gently avoid, Talk quietly and politely
Septil	Withdraw, Isolate	Get active, interact with others
Blockery Automobility	Esicioges, Awold	Approach, Gradual exposure
Employ	To destroy what someone has	the devoted of for select view house. He kind and personal

#### Riding The Wave Of Emotion

EXPERIENCE Your Emotion. As a WAVE, coming and going. Don't try to get RID of the emotion, or PUSH it away. Try not to BLOCK, or SUPPRESS the emotion. Don't try to KEEP the emotion around. Don't HOLD ON to it. Don't AMPLIFY it. Don't JUDGE your emotion. RADICALLY ACCEPT it as part of





# **Skills Training Manual For Disordered Emotion Regulation**

**Thomas Griffiths** 

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