

DBT EMOTION REGULATION SKILLS HANDOUT

DBT Emotion Regulation Skills

The emphasis of **DBT 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 the facts:

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

***Remember that Thoughts, feelings, and Emotions are NOT Facts



Problem Solving

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

ABC PLEASE - Helps to **increase** positive emotions and **reduce** chances of falling into Emotional Mind.

Accumulate positive emotions

- Short term goal = experience pleasant events mindfully.
- Long-term goal = Make changes in your life so that positive events will happen more often in the future.

Build mastery



- Do things that make you feel competent and effective each day such as hobbies, skills, home or school tasks. Gradually increase difficulty.

Cope ahead of time with emotional situations



- Rehearse a plan ahead of time so you are prepared to cope skillfully with emotional situations.

Take Care Of Your Mind By Taking Care Of Your Body:



- Treat **Physical Illness**.
- Balance **Eating**.
- Avoid mood **Altering** substances.
- Balance **Sleep**.
- Get **Exercise**.



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

Emotion	Common Behaviors	Opposite Action
Angry	Attack, Yell, Argue	Gently avoid, Soak quietly and passively
Sad	Withdraw, Isolate	Get active, Interact with others
Fear/Anxiety	Escape, Avoid	Approach, Gradual exposure
Envy	To destroy what someone has	Be grateful for what you have, Be kind and generous.

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 you.



Skills Training Manual For Disordered Emotion Regulation

Thomas Griffiths



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