

Emotion Regulation Skills

Three ways to change unwanted emotions:

Check the Facts	Opposite to Emotion Action	Problem Solve
<p>Change how you feel by knowing the TRUE facts</p> <p>Changing beliefs and assumptions about a situation to fit the facts can help change emotional reactions to it.</p> <p>ASK:</p> <ol style="list-style-type: none"> 1. What is the emotion I want to change? - pay attention to current thoughts, body sensations, posture, urges, and actions 2. What is the event prompting my emotion? - describe JUST THE FACTS observed through the senses - avoid judgments, assumptions, interpretations, absolutes 3. What are my interpretations, thoughts and assumptions about the event? - Consider all the possible interpretations and perspectives 4. Am I assuming a threat? - identify potential outcomes - look for secondary emotions <ol style="list-style-type: none"> a. label the emotion and matching threat b. evaluate the possibility of the threat occurring c. think of other possible outcomes 5. What's the catastrophe? <ol style="list-style-type: none"> a. if the outcome occurs, what are the consequences? b. imagine coping well with the catastrophe 6. Does my emotion and/or its intensity fit the actual facts? <ol style="list-style-type: none"> a. check whether the emotion fits the actual facts of the situation 	<p>Changing your emotions by acting opposite to your emotional urge to do something</p> <p>Opposite action is acting opposite to the emotional urge to do or say something.</p> <p><i>Behavioral activation</i>- doing the opposite of avoidance behaviors (isolating, inactivity, rumination)</p> <p><i>Exposure-based treatment</i>-doing the opposite of avoiding feared events</p> <p><i>Effective treatments for anger</i>- learning to identify cues to frustration or anger and then leaving the situation to cool down</p> <p><u>Change your emotional response when:</u></p> <ul style="list-style-type: none"> - knowing the facts does not work - the emotion is not justified by the situation - the emotion is ineffective for meeting goals - avoiding what needs to be done <p>OPPOSITE ACTION</p> <ol style="list-style-type: none"> 1. Identify and name the emotion to change 2. Check the facts 3. Identify and describe action urges 4. Ask in WISE MIND if acting on the emotion is effective in this situation 5. Act opposite to the emotion's urges 6. Do opposite action all the way using posture, facial expressions, thoughts and behaviors 7. Continue acting opposite until the emotion decreases 	<p>Changing your emotions by avoiding, modifying, or solving the event prompting the emotion</p> <p>ASK: What is in your control?</p> <ol style="list-style-type: none"> 1. Solve the problem - Change the situation, avoid, leave, or get out of the situation for good - Use interpersonal effectiveness skills 2. Feel better about the problem - Change/regulate your emotional response to the problem - Use emotion regulation skills 3. Tolerate the problem - Accept and tolerate the problem and your response to the problem - Use distress tolerance and mindfulness skills 4. Stay Miserable or Upset 5. Make the problem worse <p>STEPS IN PROBLEM SOLVING:</p> <ol style="list-style-type: none"> 1. Observe and describe the situation 2. Check the facts 3. Identify goal in solving the problem 4. Brainstorm multiple solutions 5. Choose a solution that fits the goal and is likely to work 6. Put the solution into action 7. Evaluate the results of the solution

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Five ways to reduce vulnerabilities:

Accumulate Positive Experiences	Built Mastery	Cope Ahead
<p>Accumulate positive experiences events, and valued behavior patterns, to build a wall between you and the sea of emotional dysregulation.</p> <ol style="list-style-type: none"> 1. Do at Least One Pleasant Thing a Day 2. Use Problem-Solving Skills 3. Plan Pleasant Events Ahead of Time 4. Practice Opposite Action When Necessary 5. Don't Think in Terms of "Deserving" and "Not Deserving" 6. Positive Events Are Reinforcers 7. Avoid Avoiding 	<p>Do things that make you feel effective and competent to build confidence.</p> <ol style="list-style-type: none"> 1. Do at least one thing each day to build a sense of accomplishment. 2. Plan for Success, Not Failure Do something difficult, but possible. 3. Gradually Increase the Difficulty over Time. Once you have mastered the first task, try something a little more difficult each time. However, if any task is too difficult at first, do something a little easier next time. 4. Look for a Challenge 	<p>Rehearse a plan before emotional situations to be prepared to skillfully cope in situation.</p> <ol style="list-style-type: none"> 1. Describe a Problem Situation which you are worried about coping well. 2. Name the emotions and urges likely to occur that may interfere with using skills. 3. Decide What Skills to Use 4. Imagine the scenario as vividly as possible. -imagine yourself in the present tense of the situation, not watching, not past/future 5. Rehearse in Your Mind Coping Effectively 6. Practice relaxation after rehearsing
PLEASE (Reduce Vulnerability)		MINDFULNESS OF EMOTIONS
<p>PLEASE is set of skills that will help you take care of your mind by taking care of your body.</p> <p>Treat Physical Illness Being sick lowers your resistance to negative emotions. The healthier you can become, the better able you will be to regulate your emotions.</p> <p>Eating Balanced Try to eat the amounts and kinds of foods that help you feel good—not too much or too little. Both eating too much and excessive dieting can increase your vulnerability to emotion mind. Stay away from food that makes you feel overly emotional.</p> <p>Avoid Mood-Altering Substances Alcohol and drugs, like certain foods, can lower resistance to negative emotions. Stay off illicit drugs. Use alcohol in moderation, if at all.</p> <p>Sleep Try to get the amount of sleep that helps you feel good—not too much or too little, usually between 7 and 9 hours. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.</p> <p>Exercise Aerobic exercise, done consistently, is an antidepressant. In addition, a regular exercise schedule can build mastery. Do some sort of exercise 5 to 7 days per week. Try to build up to 20 minutes of exercise each time.</p>		<p>Observe Your Emotion Try Not to Block or Suppress the Emotion Suppressing emotion increases suffering Do not try to get rid of the emotion. -Don't push it away. Don't judge or reject it. Be Willing to Have the Emotion. Open yourself to the flow of the emotion. Do Not Try to Keep the Emotion Around</p> <p>Practice Mindfulness of Body Sensations</p> <ol style="list-style-type: none"> 1. Pay attention to your physical sensations. It can be very useful here to concentrate on just physical parts of the emotion. 2. Notice where in the body you are feeling sensations. 3. Experience the sensations as fully as possible. 4. Watch to see how long it takes for the emotion to go down, or the quality of experience to change. Adopt a curious mindset. 5. Remember: You Are Not Your Emotion <p>Practice Loving (Accepting) Your Emotions</p> <ol style="list-style-type: none"> 1. Respect your emotion. Don't assume that it is irrational or based on faulty perceptions or distortions. 2. Let go of judging your emotion. 3. Practice willingness to have the emotion. 4. Practice radical acceptance of your emotion. <p>Ask:</p> <ul style="list-style-type: none"> • Am I Biologically More Vulnerable? • Did I Use My Skills Correctly? • Is My Environment Reinforcing Intense Emotionality? • Am I Putting in Time and Effort To Regulate My Emotions? • Am I Too Upset to Use Complicated Skills? <p>Do a Pros and Cons Practice Radical Acceptance and Willingness Practice the mindfulness skills of Participate and Effectively.</p>