

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

Jianjun Gao



Skills Training Manual For Disordered Emotion Regulation:

The Top Books of the Year Skills Training Manual For Disordered Emotion Regulation The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Skills Training Manual For Disordered Emotion Regulation : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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