



Skills Group

EMOTION REGULATION MODULE – WEEK 1

WELCOME!

EMOTION
REGULATION
SKILLS MODULE

- Introductions
- Rules of Engagement :)
- Overview of all three modules – 4 weeks each.

- Green Folder
- In keeping with Extended Team's Self Management theme. It is hoped that you will gather skills that can add to your personal self-management skills repertoire, by adding these to your green folder or your own self management notes

EXTENDED HEALTH
TEAM

SELF MANAGEMENT



WELCOME!!

EMOTION
REGULATION

WEEK 1

TODAY'S AGENDA

MINDFULNESS

PRACTICE - THE BASICS

GOALS OF MINDFULNESS PRACTICE

Reduce

Reduce suffering
and increase
happiness

Increase

Increase control
of your mind

Experience

Experience
reality as it is

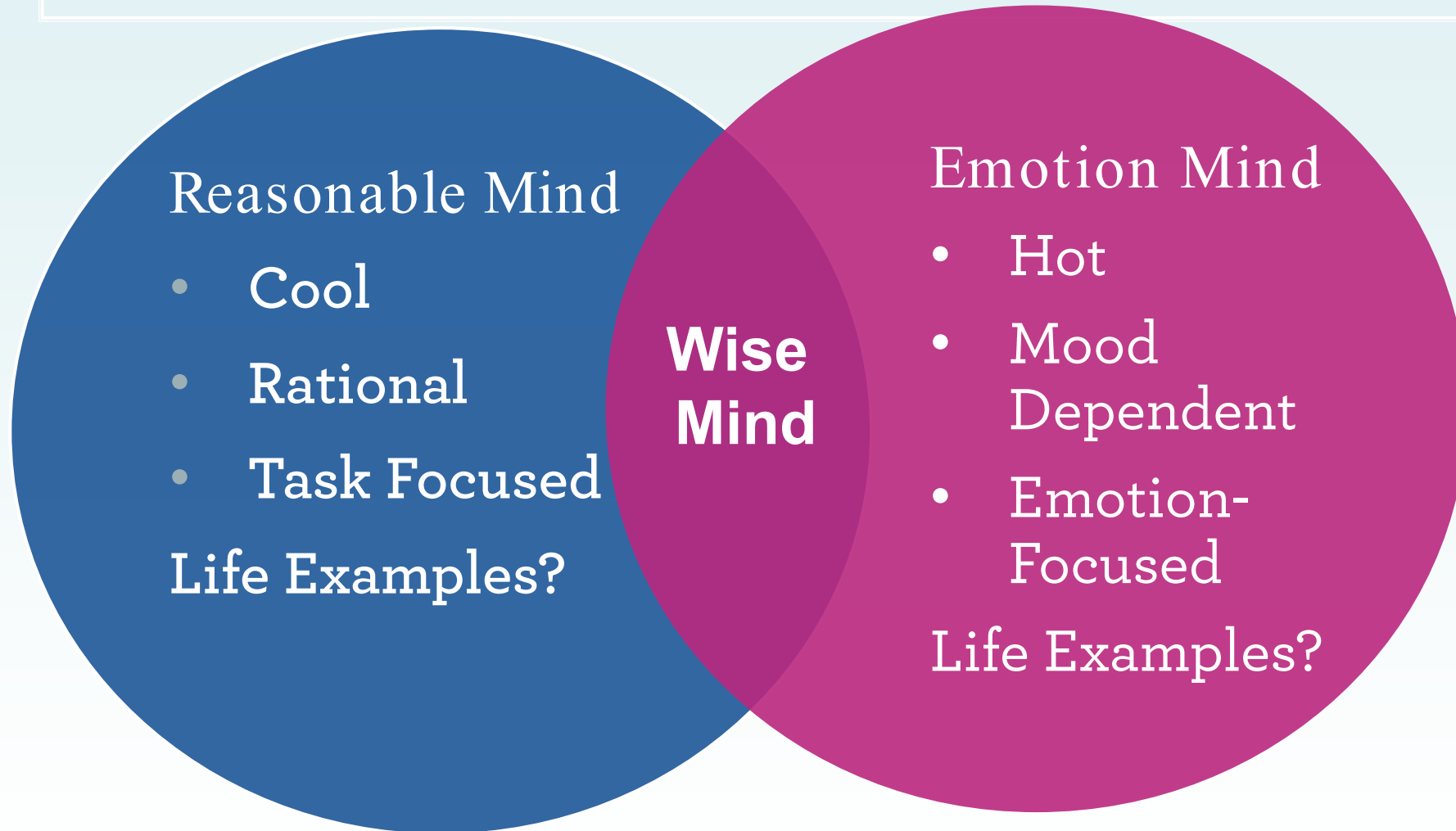
Mindfulness Handout 1& 1A

MINDFULNESS

MYTH

#1

WISE MIND: STATES OF MIND



Mindfulness Handout 3

IDEAS FOR PRACTICING WISE MIND



Mindfulness Handout 3A



WHAT SKILLS



OBSERVE

IDEAS IN HANDOUT 4A PG 1-4



DESCRIBE

IDEAS ON HANDOUT 4B



PARTICIPATE

IDEAS ON HANDOUT 4C

Mindfulness Handouts
4, 4A, 4B, 4C

HOW SKILLS



NON-
JUDGMENTALLY



ONE-MINDFULLY

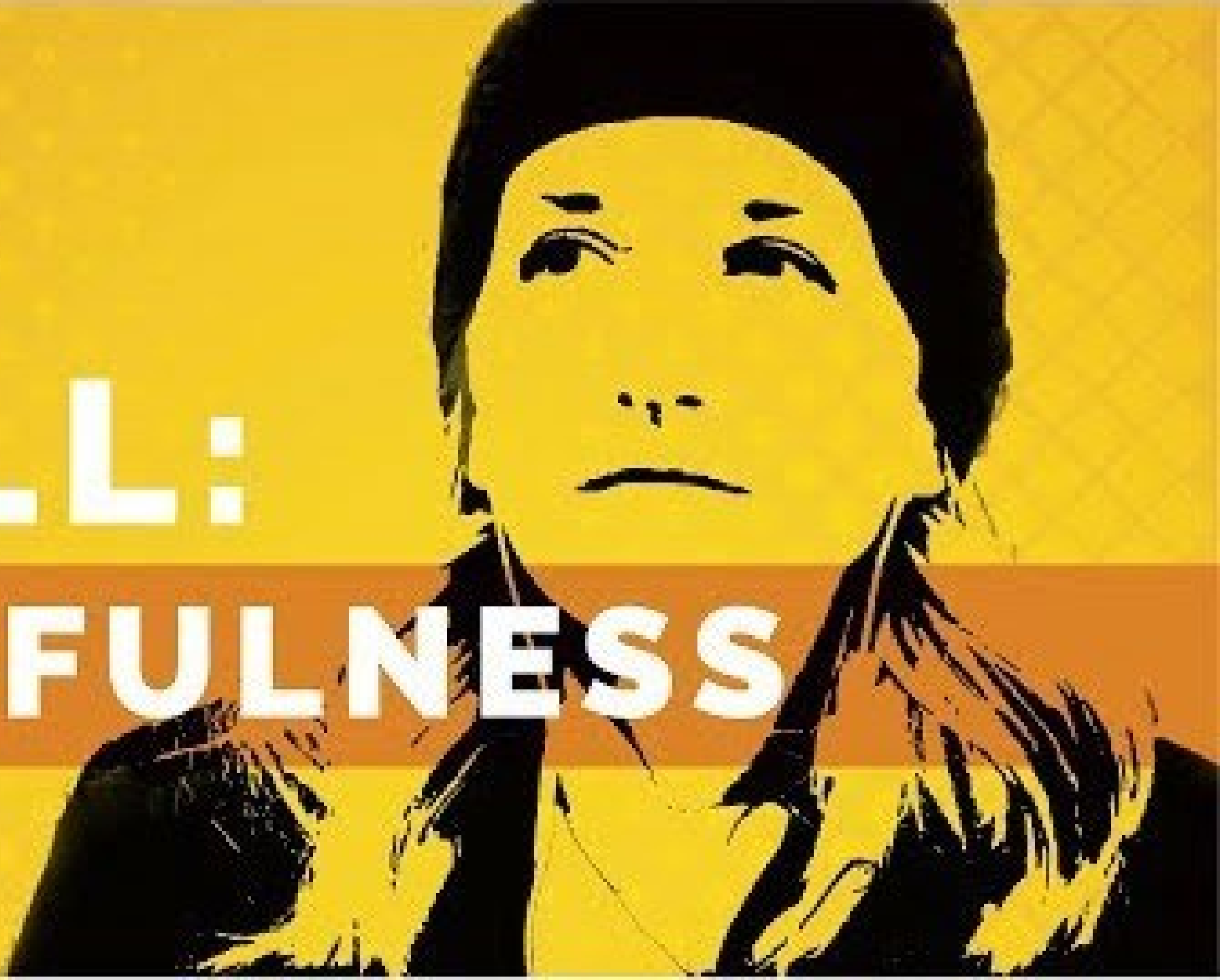


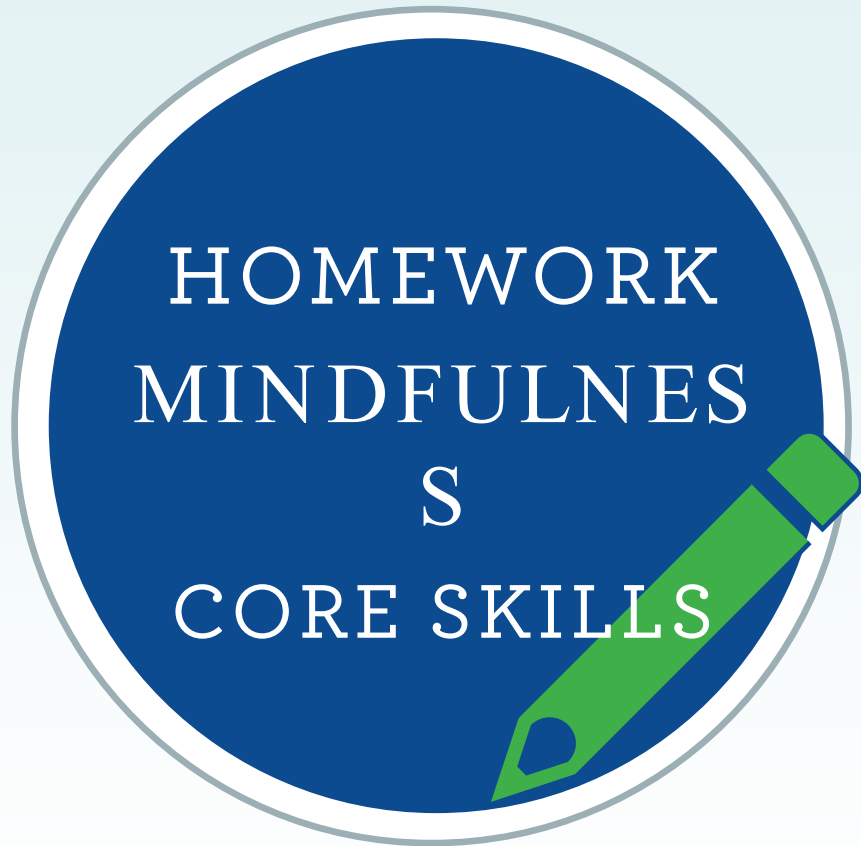
EFFECTIVELY

Mindfulness Handouts
5, 5A, 5B, 5C

**DBT
SKILL:**

MINDFULNESS





- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





Skills Group

EMOTION REGULATION SKILLS MODULE – WEEK 2

MINDFULNESS PRACTICE

WELCOME!!

EMOTION
REGULATION
WEEK 2

TODAY'S AGENDA

- Homework
- Learn to observe and more accurately describe our own experience with emotions.

HOME
WORK
REVIEW



- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

Last week's
Mindfulness Worksheet 2A



DBT SKILLS FOR EMOTIONAL MANAGEMENT



High intensity = Distress Tolerance (Previous Module)

- Stop skill
- Pros and cons
- TIP your body chemistry
- Distract with Wise Mind ACCEPTS
- Self Sooth and Five senses
- IMPROVE the moment

Lower intensity = Emotional Regulation (Current Module)

- Understanding emotions - what they do
- What makes regulation difficult
- Observing and Identifying emotions
- Changing emotional responses
- ABC PLEASE – Lowering emotional vulnerability

Cooling Down Your Emotions





EMOTION REGULATION

GOALS OF EMOTION REGULATION:

- Understand and name emotions
- Decrease Frequency of unwanted emotions
- Decrease Emotional Vulnerability
- Decrease Emotional Suffering

WHAT EMOTIONS DO FOR YOU

Motivate and Organize for Action

- Action Urges
- Save Time
- Overcome

Communicate to Others

- Facial Expressions
- Body Language
- Hard to change
- Influences others

Communicate to ourselves

- Give us information
- Gut feelings
- Not facts
- Can make wrong assumptions

Emotion Regulation Handout 3

WHAT DO EMOTIONS DO FOR YOU?

Anger = Motivates us to create change, create boundaries, overcome obstacles

Disgust = Motivates us to create change, create boundaries, overcome obstacles

Envy = Can motivate to make change and work towards goals

Fear = Protects us from danger

Happiness = Motivates us to do things that enhances pleasure (good for our health)

Jealousy = Motivates me to protect what I have

Love = Motivates us to attach to others (we survive better in groups)

Sadness = Connects us to what is valued. Communicates that we need help

Shame = Prevents me from doing taboos of society – keeps us living civilized (I'll be kicked out of the group, if I do that)

Guilt = Motivates me to live in align with my own values

WHAT MAKES IT HARD TO REGULATE EMOTIONS?

Biology

Lack of Skills

Reinforcement

Moodiness

Emotional Overload

Emotion Myths

Emotional Regulation Handout 4

Describing
Emotions in
more detail
(to better
recognize
them)

- Words
- Prompting events
- Interpretations of events
- Biological Changes
- Expressions
- Aftereffects



Observing and Describing Emotions *Example*

Prompting Event – Describe it, who what when and where? What set off the emotion? I left my roommate's pot on the burner and forgot about it. I destroyed it. I then threw the pot away without telling my roommate.

Vulnerability Factors: What happened before that made you more emotionally vulnerable to the event: We are new roommates; we don't know each other well. I really like her and want her to like me. I've been told I'm clutzy most of my life. I was tired and hungry.

Interpretations: what are your beliefs and assumptions, appraisals of the situation? She'll think I'm clutzy and won't be my friend. She won't trust me with her stuff.

Continued.. Next slide

Observing and Describing Emotions *Example*

Face and Body changes and experiences: I was feeling hot in the face, jittery and nauseous, felt like I was suffocating

Action Urges: I wanted to avoid my friend and hide the mistake. I wanted to be left alone and not deal with the issue.

Face and Body Language: My eyes got wide when I realized what I had done, then my face became very serious. I avoided eye contact and felt like I was sulking around the house.

What I did: I threw the pot away. I got really quiet and went to my room.

Emotion Name: Shame, Guilt and fear –

Intensity: 60/100 = shame, 50/100 = guilt, 70/100= fear,

After affects: Didn't join the pizza party. Talked badly about another person in our group, felt tired, and unhappy.



- Observing and Describing Emotions of your own event.

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





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EMOTIONAL REGULATION MODULE – WEEK 3

MINDFULNESS PRACTICE

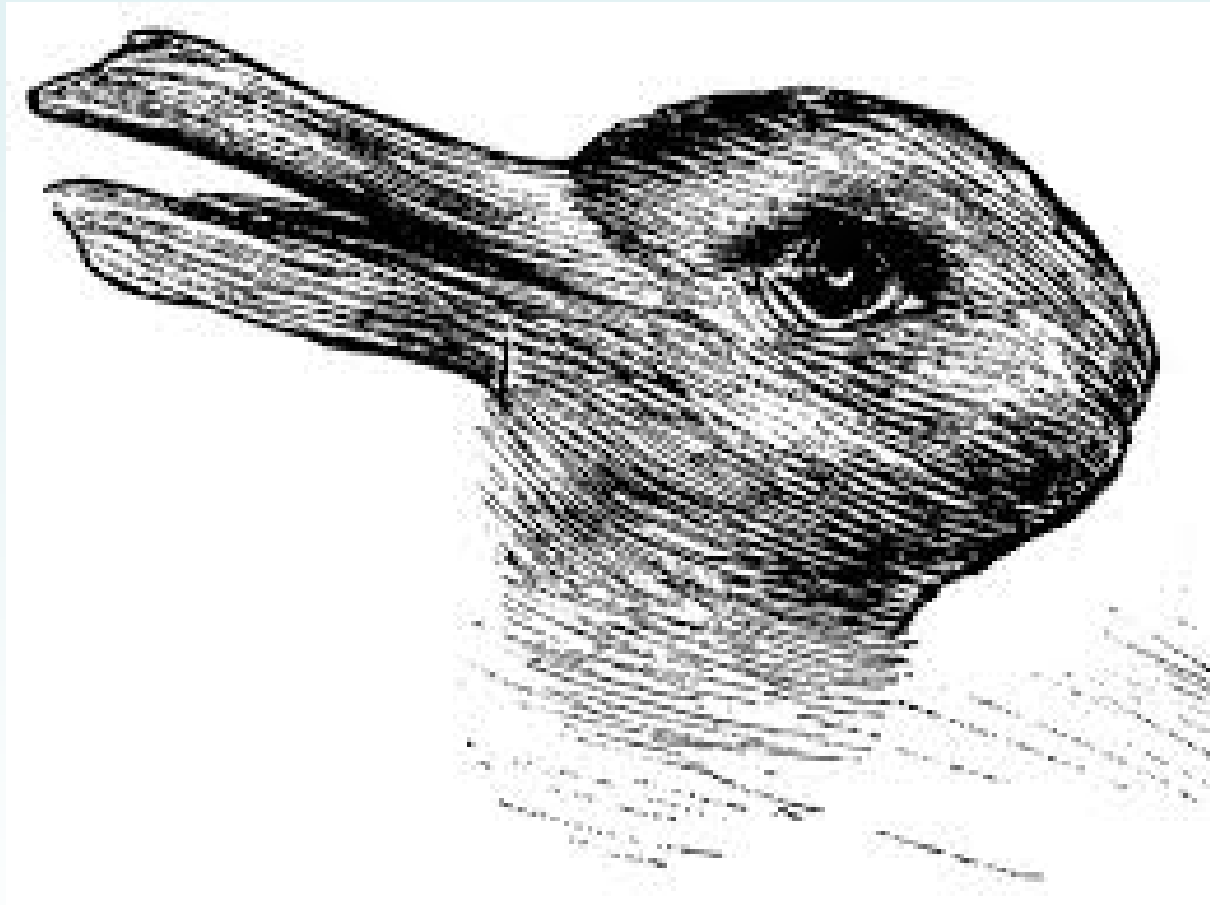




Image source: [lurkch](https://www.lurkch.com)



Image source: [Shikabamdesertwolf](#)



WELCOME!!

EMOTIONAL
REGULATION
WEEK 3

TODAY'S AGENDA

- Homework
- Changing Emotional Responses

HOME
WORK
REVIEW



- Observing and Describing Emotions in an event.

Emotion Regulation Worksheet 4A

Observing and Describing Emotions *Example*

Prompting Event

Vulnerability Factors:

What happened before that made you vulnerable to the event:

Interpretations: what are your beliefs and assumptions, appraisals of the situation?

Face and Body changes and experiences:

Action Urges:

Face and Body Language

What I did:

Emotion Name:

Intensity:

After affects:

Emotion Regulation Worksheet 4A



CHANGING EMOTIONAL RESPONSES

Check the Facts

Do my reactions fit the facts?

Opposite Action

When emotions do not fit the facts, acting fully in an opposite way

Problem Solving

Houston, we do have a problem.
Problem Solve

Yes but....

Can be a barrier, this is hard. 'Yes, but,' does not lead to feeling better.- only 4 options...

Mindfulness Handout 7

Check the Facts

FACTS

Event → Thoughts → Emotions

Event → Emotion → Thoughts

- What is the emotion I want to Change?
- What is the prompting event?
- What are my interpretations?
- Am I assuming a threat?
- What's the catastrophe?
- Does my emotion and/or its intensity fit the actual facts?

Deciding Which to Use

Label Emotion (Handout 6)

Check the Facts: - Handout 8-8A
Emotion? Intensity? 0-100 Duration?

Action Urge: Fit or Effective?



NO - then do
Opposite Action

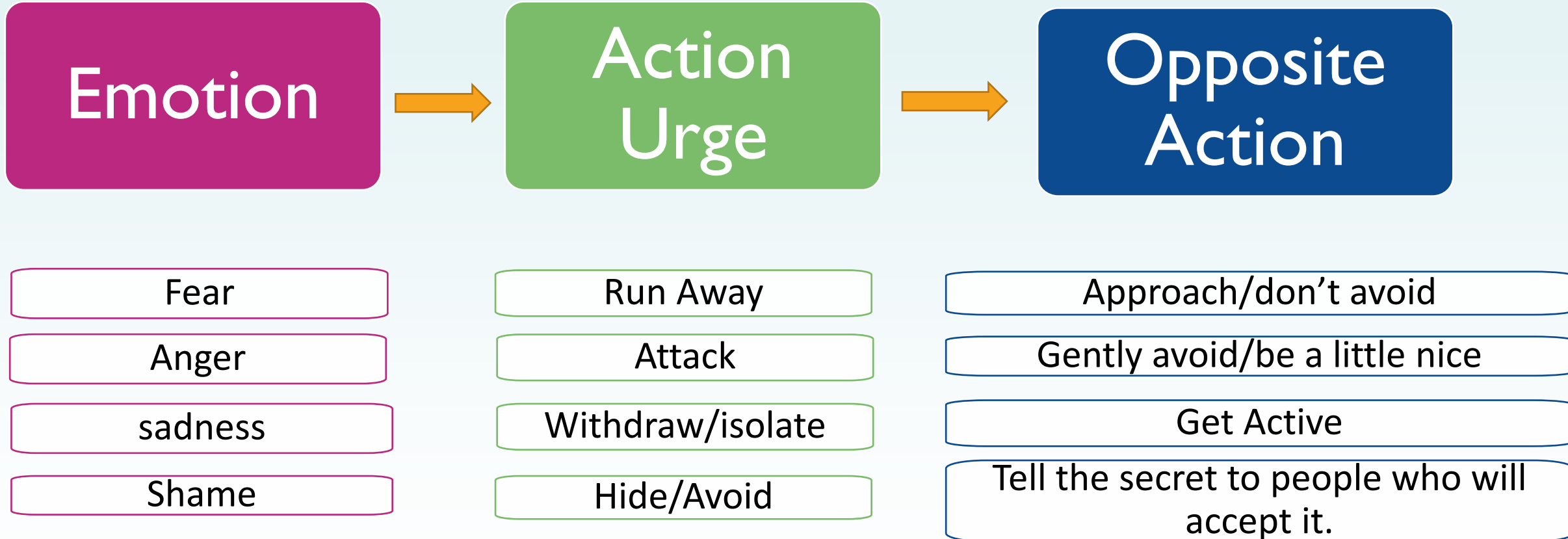
No

Yes

Yes – then do
Problem Solving

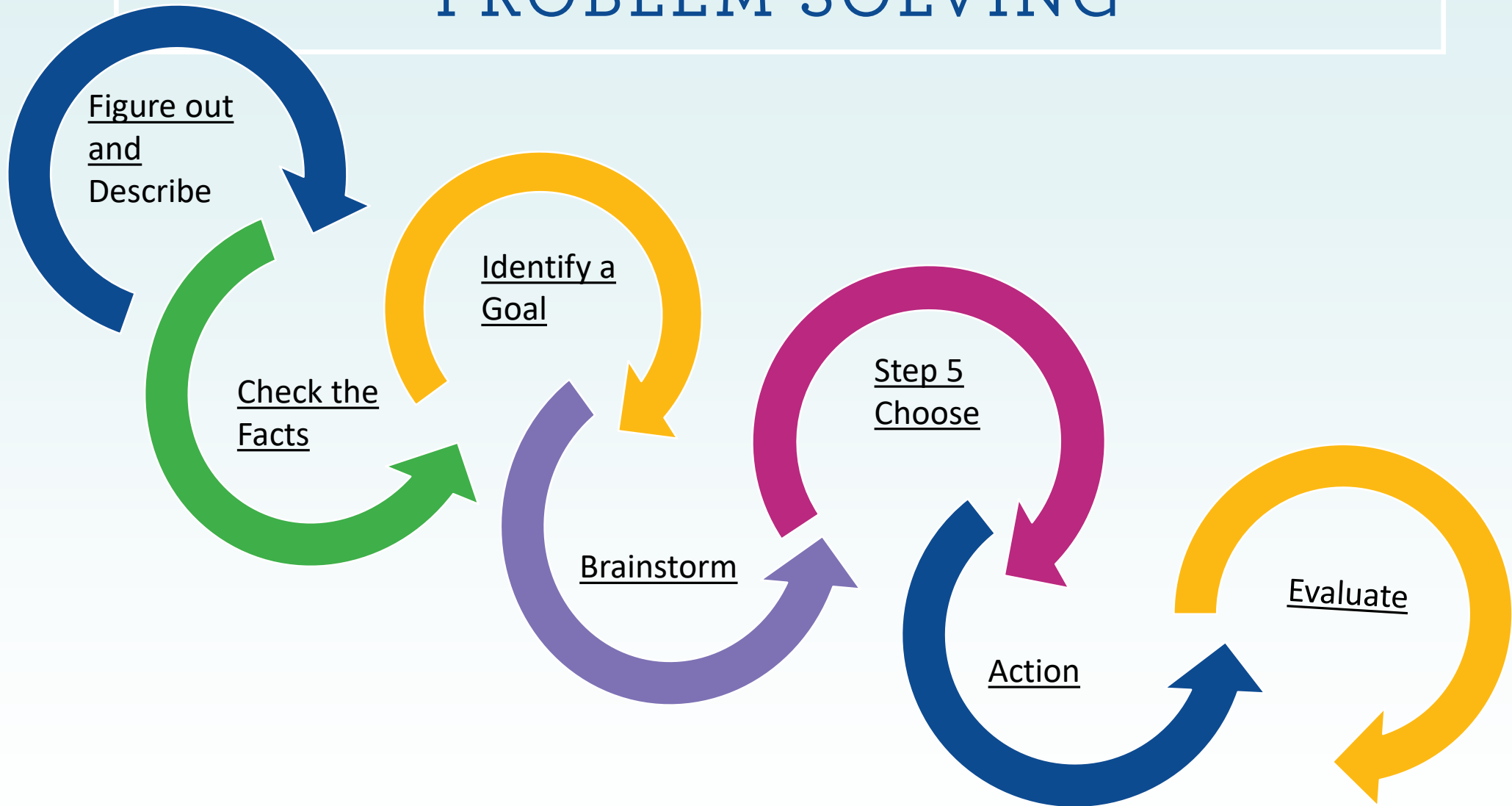


OPPOSITE ACTION EXAMPLES:



Emotion Regulation Handout 10/11 (several pages)

PROBLEM SOLVING



Emotion Regulation Handout 12

REVIEW
Opposite
Action and
Problem
solving

- Events
- Act Opposite
- Act on Urge, Problem Solve or Avoid ineffective behavior based on emotion mind





- Check the Facts
- Opposite Action
- Problem Solving

Emotion Regulation Worksheet 5 (2pgs), 7, 8 (2pgs)c

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





Skills Group

EMOTION REGULATION SKILLS MODULE – WEEK 4

MINDFULNESS PRACTICE



WELCOME!!

EMOTIONAL
REGULATION

WEEK 4

TODAY'S AGENDA:

- Homework
- Reducing Vulnerability to Emotion Mind and Building a Life worth Living

HOME
WORK
REVIEW



- Check the Facts
- Opposite Action
- Problem Solving

Emotion Regulation Worksheet 5 (2pgs), 7, 8 (2gs)



ACCUMULATING POSITIVE EMOTIONS



REDUCING VULNERABILITY TO EMOTION MIND

BUILDING A LIFE WORTH LIVING

A
Accumulate

B
Build
Mastery

C
Cope Ahead

P.L.E.A.S.E.:

Emotion Regulation Handout 14

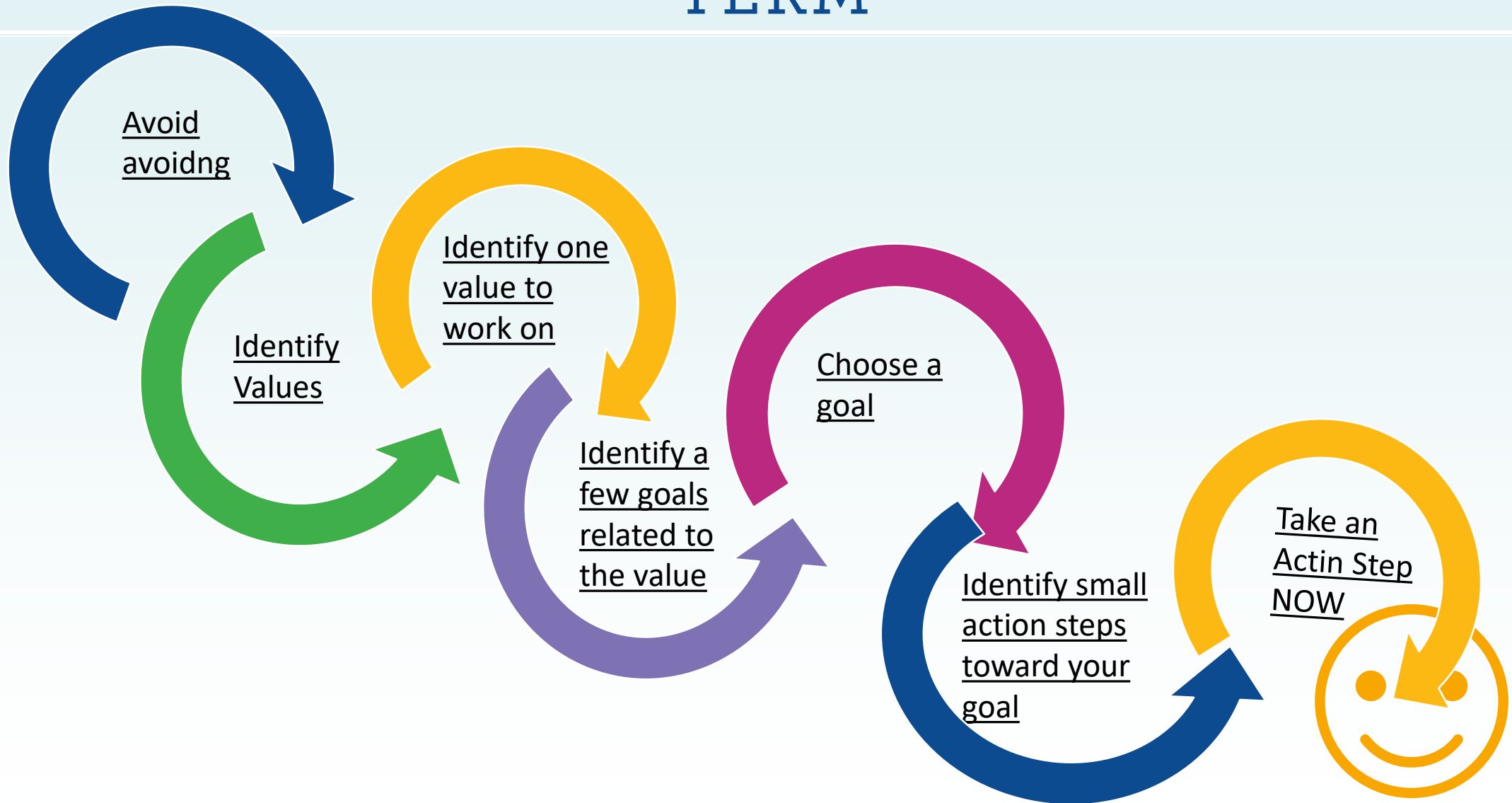
A
Accumulating
Positive
Emotions:
Short Term

The only way to create positive emotions is to Participate in positive experiences.

- Build positive experiences now
- Be Mindful of positive Experiences
- Be Unmindful of worries



ACCUMULATING POSITIVE EMOTIONS: LONG TERM



B Build Mastery

- One thing each day to have a sense of accomplishment
- Plan for success not failure
 - Do something difficult, but possible
- Gradually increase difficulty over time.
 - If its too difficult, go a bit easier.
- Look for a challenge
 - If a task is too easy, try something harder



C Cope Ahead

- Describe the situation that is likely to prompt problem behaviour (also/urge/pain/emotion)
- Decide what coping or problem solving you will use
- Imagine the situation as vividly as possible.
- Rehears in your mind.
- Practice relaxation *after* rehearsing.



P.L.E.A.S.E:

P

L Treat Physical
illness

E Balance Eating

A Avoid Mood
Altering
substances

S Balance Sleep

E Get Exercise





- Steps for Reducing Vulnerability to Emotion Mind.
- A
- B
- C
- Please.

Emotion Regulation Worksheet 5 (2pgs), 7, 8 (2gs)c

Green Folder

Reminder to add any notes or handouts to your folder to remind you of skills you can use.

**EXTENDED HEALTH
TEAM**

SELF MANAGEMENT



MINDFULNESS PRACTICE

THANKS FOR BEING HERE!

