

# Skills Group (Emotion Regulation): **Week 2**



CFPCN Extended Health Team

# Agenda

Homework Review  
Check the Facts  
Opposite Action  
Problem Solving



# Mindfulness Exercise



# What do you see?



<https://pbs.twimg.com/media/D-fHmdQX4AYxCOz?format=jpg&name=small>

# What do you see?



<https://imgur.com/mFovWHk.jpeg>

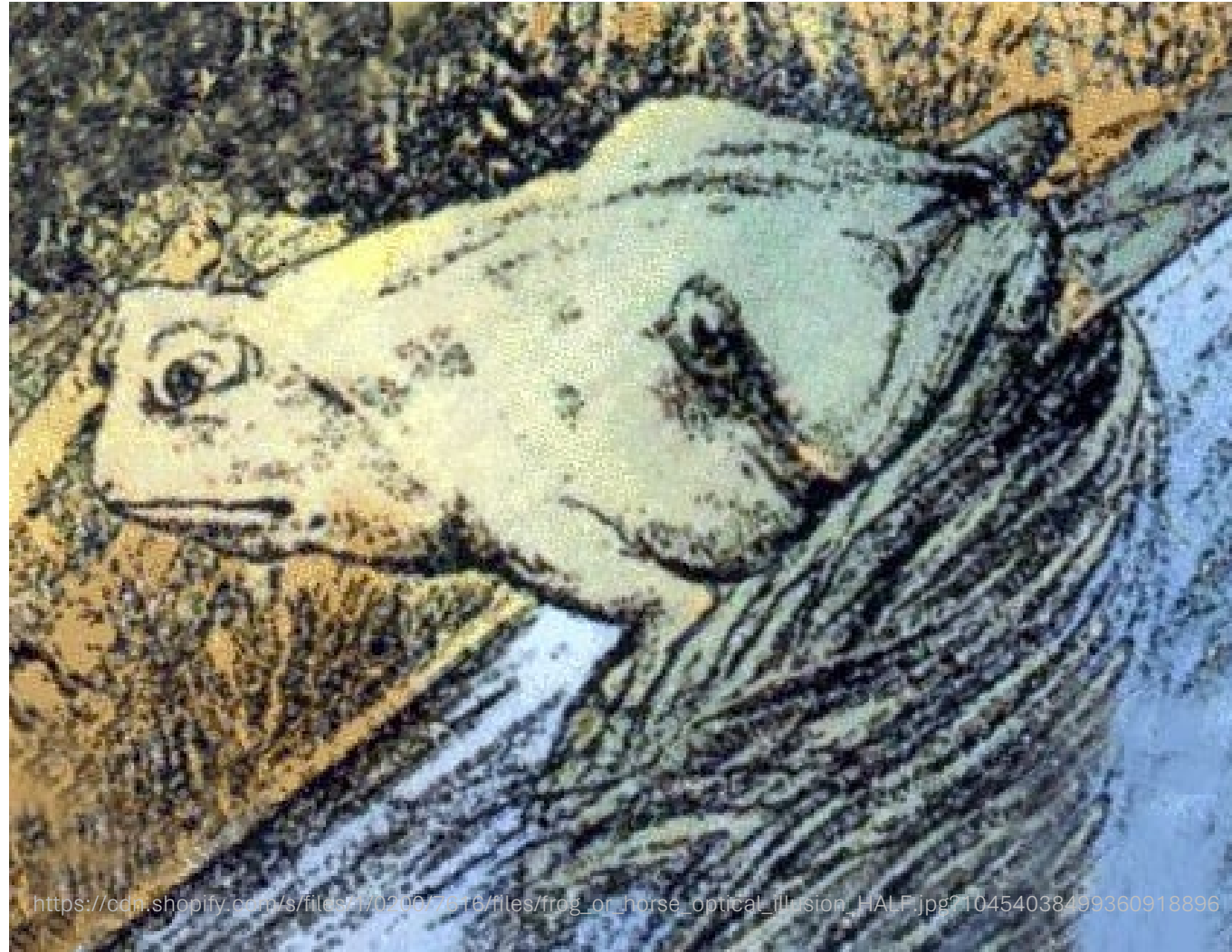
What do you see?



<https://media.wired.c>

[30,c\\_limit/Untitled-12.jpg](#)

What do you see?



# Homework Review

## Skills Practice

Share your experience of using the skill covered last week:

- Observing and describing emotions



# Observing and Describing Emotions

- Emotion Name
- Intensity
- Prompting Event
- Vulnerability Factors
- Interpretations
- Face/ Body Changes and Experiences
- Action Urges
- Face and Body Language
- What I Said
- What I Did
- After-Effects

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

Solve the problem when the facts are the problem

Emotion Regulation Handout 7

# The “Yes, But” Barrier to Changing Emotions

It can be helpful to remember that in all situations, we have only four options:

- 1 Leave the situation/Change the situation
- 2 Make efforts to change emotional reaction
- 3 Radically accept the situation and improve emotion
- 4 Stay Miserable

# Check the Facts

What is the emotion I want to change?

What is the prompting event?

What are my interpretations, thoughts, assumptions?

Am I assuming a threat?

What is the catastrophe?

Does my emotion or its intensity fit the actual facts?

Emotion Regulation Handout 8, 8A



# Deciding which to Use

Label Emotion (Handout 6)

Check the Facts: (Handout 8-8A)  
Emotion? Intensity? Duration?

Action Urge: Fit or Effective?

NO

YES



Opposite Action

Problem Solving



Emotion Regulation Handout 9

# Opposite Action, Step by Step

Identify and name the emotion

Check the facts

Identify and describe your action urges

Ask Wise Mind

*If emotions does not fit the facts or it is ineffective:*

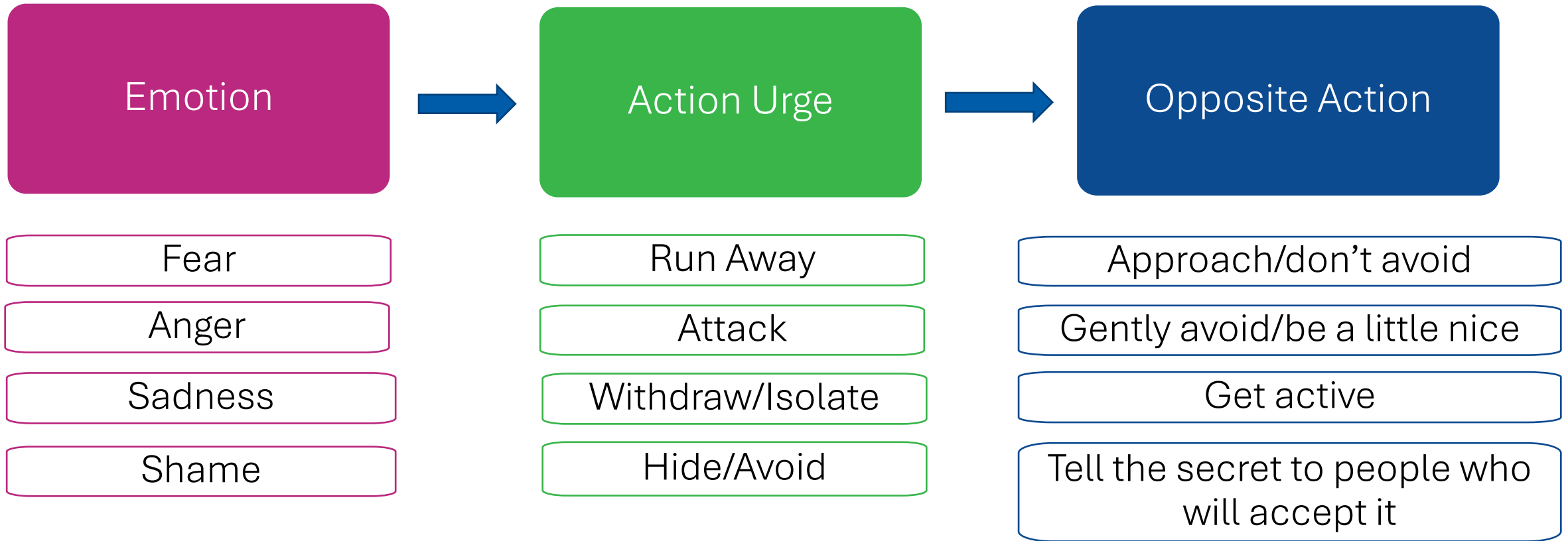
Identify Opposite Actions

Act Opposite **ALL THE WAY**

Repeat acting opposite

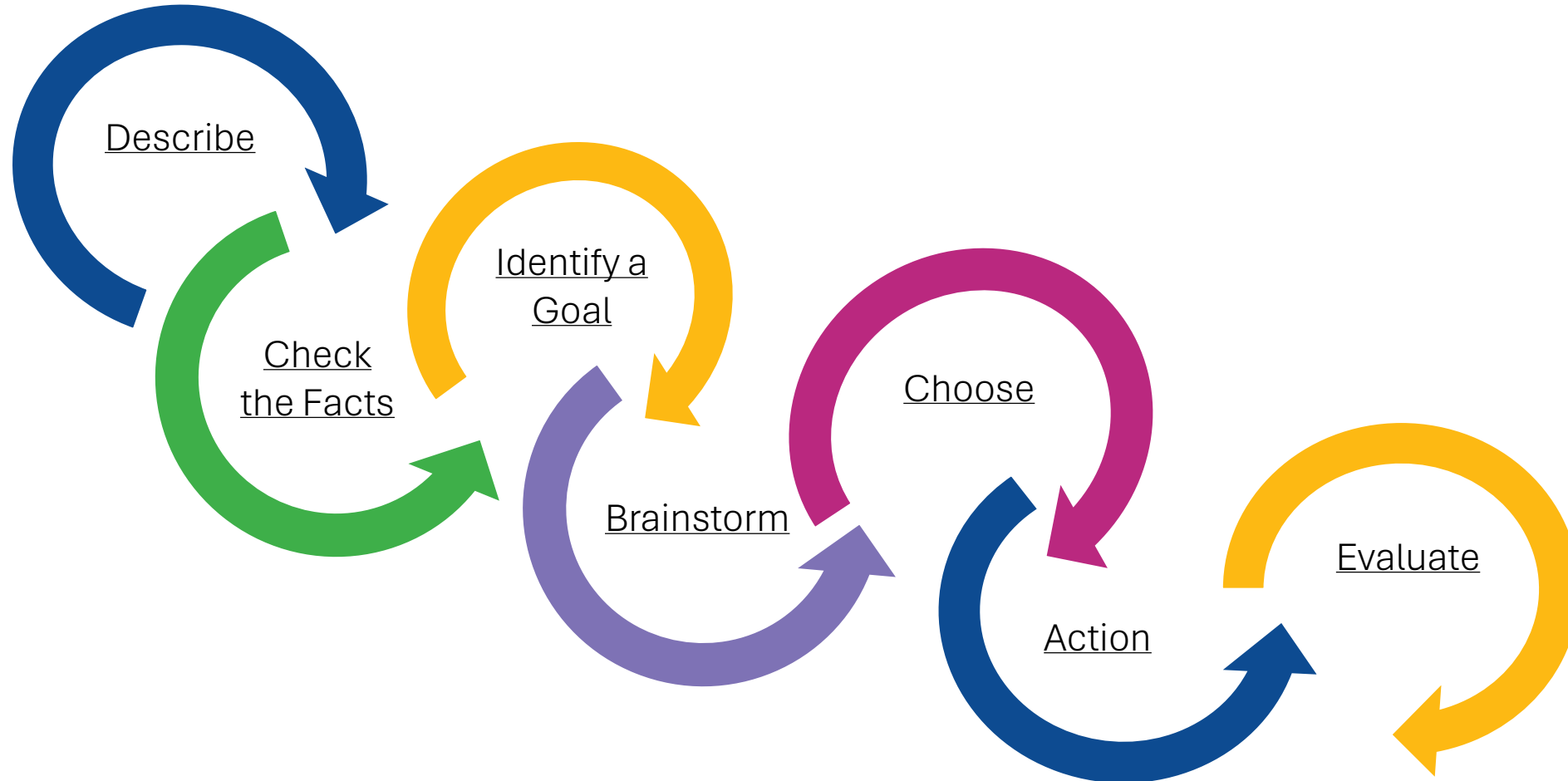


# Opposite Action Examples



Emotion Regulation Handouts 10, 11

# Problem Solving



Emotional Regulation Handout 12

# Reviewing Opposite Action and Problem Solving

- Events
- Act Opposite
- Act on Urge, Problem Solve, or
- Avoid ineffective behaviour based on the Emotion Mind

Emotion Regulation Handout 13



# Home Practice

## Skills Practice

- Describe a situation which prompted an emotion. Check the facts, then practice opposite action or problem-solving

Emotion Regulation Worksheet 5,7,8



# Mindfulness Practice



Thank you  
for joining us

