

# Emotion Regulation Skills

## The Problem Solving Framework

A guide to identify which situations call for which skills

- 1) Solve the problem -identify the actual problem
- 2) Feel better about the problem-use emotion regulation skills
- 3) Tolerate the problem -use distress tolerance skills
- 4) Stay miserable -use no skills
- 5) Make things worse-use ineffective skills

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## Check the Facts

When you want to change your emotions (inappropriate or too intense for the situation)

- 1) Identify the emotion you want to change
- 2) Identify the event promoting the emotion
- 3) Identify any thoughts, assumptions and interpretations about the event
- 4) Are you assuming a threat?
- 5) What is the catastrophe?
- 6) Does my emotion or its intensity fit the facts?

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## Opposite Action

Use when emotions do NOT fit the facts or acting on emotions would be ineffective

- 1) Identify and name the emotion you want to change
- 2) Check the facts to see if your emotion fit the facts
- 3) Identify and describe your actions associated with the emotion you're feeling
- 4) Ask Wise Mind about the effectiveness of acting or not acting on your emotions
- 5) Identify opposite actions to the emotion urges
- 6) Act opposite all the way
- 7) Continue with Opposite Action with the emotions

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## Problem Solving

- 1) Describe the problem
- 2) Use Check the Facts to make sure you have figured out the correct problem
- 3) Identify your goal in problem solving
- 4) Brainstorm as many solutions as possible
- 5) Choose the solution that is most likely to work and try that one first
- 6) Put solution into action, step by step
- 7) Evaluate the results

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## ABC PLEASE

**A**ccumulate positive emotions: short term accumulation contributes to long term experiences of positive emotions

**B**uild mastery: intentionally plan to engage in activities that contribute to a sense of accomplishment and gradually increase the challenge

**C**ope ahead: anticipate challenging emotionally distressing situations

**PL**- treat physical illness

**E**- balanced eating-not too much or too little

**A**-avoid mood altering substance (or in moderation)

**S**- balance sleep- at least 7-9 hours or enough to feel rested (keep consistent schedule)

**E**-exercise daily- aim for at least 20 minutes

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