# **Emotion Regulation Skills**

The Problem Solving Framework A guide to identify which situations call for which skills

 Solve the problem -identify the actual problem
 Feel better about the problem-use emotion regulation skills
 Tolerate the problem -use distress tolerance skills
 Stay miserable -use no skills
 Make things worse-use ineffective skills

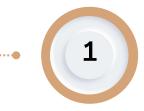


### **Opposite Action**

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

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





### **Check the Facts**

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

 Identify the emotion you want to change
 Identify the event promoting the emotion
 Identify any thoughts, assumptions and interpretations about the event
 Are you assuming a threat?
 What is the catastrophe?
 Does my emotion or its intensity fit the facts?



## **Problem Solving**

 Describe the problem
 Use Check the Facts to make sure you have figured out the correct probelm
 Identify your goal in problem solving
 Brainstorm as many solutions as possible
 Choose the solution that is most likely to work and try that one first
 Put solution into action, step by step
 Evlauate the results

#### **ABC PLEASE**

Accumulate positive emotions: short term accumulation contributes to long term experiences of positive emotions Build mastery: intentionally plan to engage in activites that contribute to a sense of accomplishment and gradually increase the challenge Cope 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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