EMOTION REGULATION HANDOUT 1

(Emotion Regulation Worksheet 1)

Goals of Emotion Regulation

UNDERSTAND AND NAME YOUR OWN EMOTIONS

□ Identify (observe and describe) your emotions.

□ Know what emotions do for you.

□ Other:_____

DECREASE THE FREQUENCY OF UNWANTED EMOTIONS

□ Stop unwanted emotions from starting in the first place.

□ Change unwanted emotions once they start.

Other: _____

DECREASE EMOTIONAL VULNERABILITY

Decrease vulnerability to emotion mind.

□ Increase resilience, your ability to cope with difficult things and positive emotions.

Other:

DECREASE EMOTIONAL SUFFERING

- □ Reduce suffering when painful emotions overcome you.
- □ Manage extreme emotions so that you don't make things worse.

□ Other: _____

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