

# 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: \_\_\_\_\_