

EMOTION REGULATION HANDOUT 2

([Emotion Regulation Worksheets 2–4a, 16](#))

Overview: Understanding and Naming Emotions

WHAT EMOTIONS DO FOR YOU

There are reasons why we have emotions.

We need them!

FACTORS THAT MAKE REGULATING EMOTIONS HARD

Lack of skills, reinforcing consequences, moodiness, rumination/
worrying, myths about emotions, and biology can interfere
with changing emotions.

A MODEL FOR DESCRIBING EMOTIONS

Emotions are complex responses.

Changing any part of the system can change the entire response.

WAYS TO DESCRIBE EMOTIONS

Learning to observe, describe, and name your emotion
can help you regulate your emotions.