What Makes It Hard to Regulate Your Emotions

BIOLOGY

Biological factors can make emotion regulation harder.

LACK OF SKILL

□ You don't know what to do to regulate your emotions.

REINFORCEMENT OF EMOTIONAL BEHAVIOR

□ Your environment reinforces you when you are highly emotional.

MOODINESS

□ Your current mood controls what you do instead of your Wise Mind.

□ You don't really want to put in time and effort to regulate your emotions.

EMOTIONAL OVERLOAD

High emotional arousal causes you to reach a skills breakdown point. You can't follow skills instructions or figure out what to do.

EMOTION MYTHS

- Myths (e.g., mistaken beliefs) about emotions get in the way of your ability to regulate emotions.
 - □ Myths that emotions are bad or weak lead to avoiding emotions.
 - Myths that extreme emotions are necessary or are part of who you are keep you from trying to regulate your emotions.

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