

Emotion Regulation - Handout 1

Overview:

Reducing Vulnerability to Emotion Mind— Building a Life Worth Living

A way to remember these skills is to remember the term **ABC PLEASE**:

A

ACCUMULATE POSITIVE EMOTIONS

Short Term: Do pleasant things that are possible now.

Long Term: Make changes in your life so that positive events will happen more often in the future. Build a “life worth living.”

B

BUILD MASTERY

Do things that make you feel competent and effective to combat helplessness and hopelessness.

C

COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

PLEASE

TAKE CARE OF YOUR MIND BY TAKING CARE OF YOUR BODY

Treat Physical illness, balance Eating, avoid mood-Altering substances, balance Sleep, and get Exercise.

Mindfulness - Handout 2

Taking Hold of Your Mind: “How” Skills

NONJUDGMENTALLY

- ♦ See, but don't evaluate as good or bad. Just the facts.
- ♦ Accept each moment like a blanket spread out on the lawn, accepting both the rain and the sun and each leaf that falls upon it.
- ♦ Acknowledge the difference between the helpful and the harmful, the safe and the dangerous, but don't judge them.
- ♦ Acknowledge your values, your wishes, your emotional reactions, but don't judge them.
- ♦ When you find yourself judging, don't judge the judging.

ONE-MINDFULLY

- ♦ Rivet yourself to now. Be completely present to this one moment.
- ♦ Do one thing at a time. Notice the desire to be half-present, to be somewhere else, to go somewhere else, in your mind, to do something else, to multitask—and then come back to one thing at a time.
 - ♦ When you are eating, eat.
 - ♦ When you are walking, walk.
 - ♦ When you are worrying, worry.
 - ♦ When you are planning, plan.
 - ♦ When you are remembering, remember.
- ♦ Let go of distractions. If other actions, or other thoughts, or strong feelings distract you, go back to what you are doing—again, and again, and again.
- ♦ Concentrate your mind. If you find you are doing two things at once, stop—go back to one thing at a time (the opposite of multi-tasking!).

EFFECTIVELY

- ♦ Be mindful of your goals in the situation, and do what is necessary to achieve them.
- ♦ Focus on what works. (Don't let emotion mind get in the way of being effective.)
- ♦ Play by the rules.
- ♦ Act as skillfully as you can. Do what is needed for the situation you are in—not the situation you wish you were in; not the one that is fair; not the one that is more comfortable.
- ♦ Let go of willfulness and sitting on your hands.