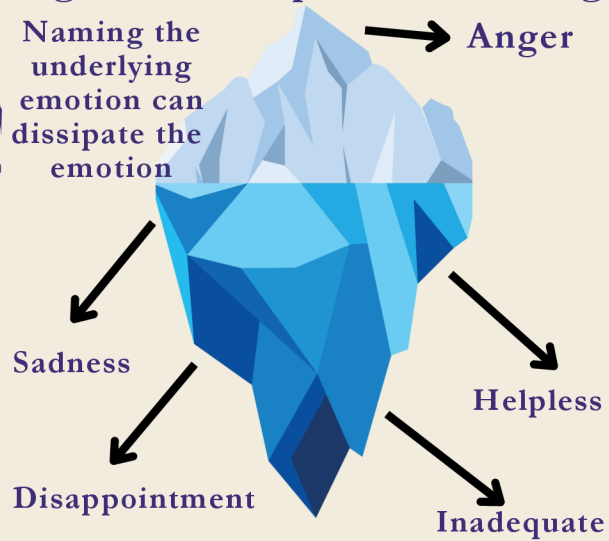




Emotion Regulation Strategies

Anger as the tip of the iceberg

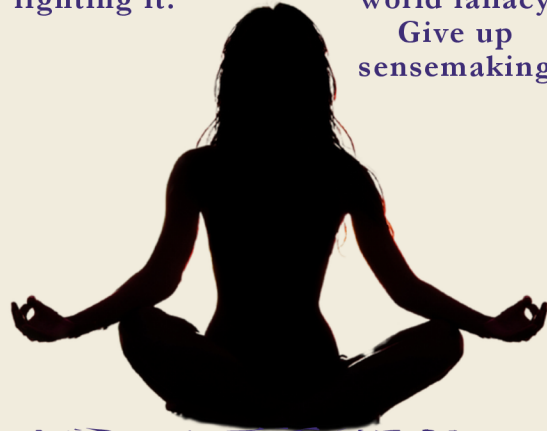
Naming the underlying emotion can dissipate the emotion



Radical Acceptance

Accepting the situation as it is. Not fighting it.

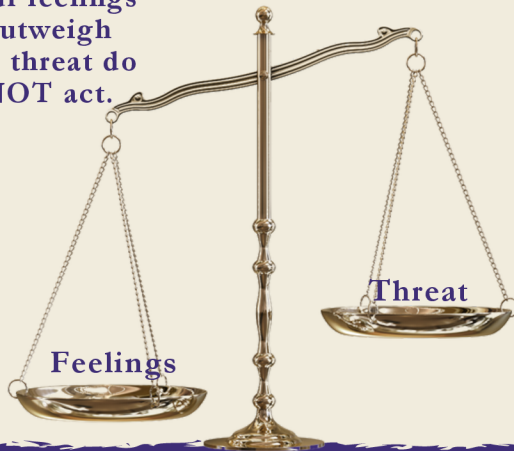
Have to let go of the just world fallacy. Give up sensemaking.



Feeling-Threat Scale

Rate your feelings and the threat. If your feelings outweigh the threat do NOT act.

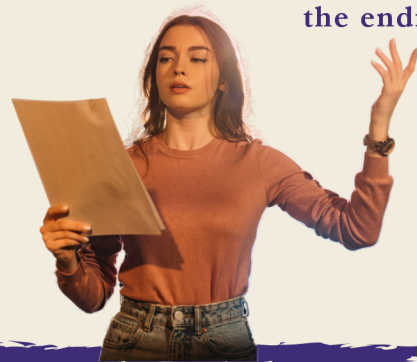
Wait for balance to act.



Cognitive Rehearsal

Visualize yourself/rehearse acting in line with a value.

Go through it in detail, the thoughts and feelings you have and then change the ending.



Know your top 5 coping skills that work for you.

COPING SKILLS:

1. _____
2. _____
3. _____