

Emotion Regulation Handout 1

GOALS OF EMOTION REGULATION

Understand Your Emotions

1. Look at your emotions
2. Identify your emotions
3. Understand what emotions do

Control Your Behavior

1. Understand how emotions affect you
2. Make good decisions even when you are feeling yucky
3. Don't let emotions control you

Stop Feeling Bad All The Time

1. Accept and let go of painful emotions
2. Good choices = Good rewards