

# 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