

Emotion Regulation: Week 6

PLEASE skills and Managing Really Difficult Emotions

PLEASE skills (page 257)



-Take care of your body by seeing a doctor when needed and taking prescribed medications.

-Don't eat too much or too little. Eat regularly and mindfully throughout the day.

-Stay off illicit drugs, and use alcohol in moderation (if at all)

-Try to get 7-9 hours of sleep a night and keep a consistent sleep schedule.

-Do some sort of exercise every day.



You can take a look at page 258 and 259 and learn more about Nightmare Protocol and Sleep Hygiene Protocol and talk to your therapist more about it if needed.

Managing Really Difficult Emotions (page 263)

1) Mindfulness of Current Emotions

2) Managing Extreme Emotions

3) Troubleshooting and Review

Mindfulness of Current Emotions: Letting Go of Emotional Suffering

- Observe your Emotion
 - Step back and notice
 - Experience your emotion as a wave
 - Imagine surfing the wave
 - Try not to block or suppress the emotion
 - Don't try to keep the emotion around
 - Don't hold on to it
 - Don't amplify it

- Practice Mindfulness of Body Sensations
 - Notice where in your body you are feeling emotional sensations
 - Experience the sensations as fully as you can
 - Observe how long it takes before the emotion goes down

- Remember: You Are Not Your Emotion
 - Don't necessarily act on your emotion
 - Remember times when you have felt different

- Practice Loving Your Emotion
 - Respect your emotion
 - Don't judge your emotion
 - Practice willingness
 - Radically accept your emotion



Managing Extreme Emotions (page 265)

First, observe and describe that you are at your skills breakdown point:

- Your distress is extreme
- You are overwhelmed
- You can't focus your mind on anything but the emotion itself
- Your mind shuts down
- You can't solve problems or use complicated skills

Now check the facts! Are you really "falling apart" at this level of distress?

If no, USE SKILLS.

If yes, go to Step 1

Step 1: Use crisis survival skills to bring down your arousal, like TIP, DISTRACT, SELF-SOOTHE, and IMPROVE

Step 2: Return to mindfulness of current emotions (page 264)

Step 3: Try other emotion regulation skills (if needed)

- ❖ Listen and watch Marsha Linehan talk about emotions:

<https://vimeo.com/101378472>

We will go over Troubleshooting Emotion Regulation Skills next week!

From last week, think more on Values and Priorities. If you would like, there's a worksheet that can be helpful with this: page 299

For this week, practice PLEASE skills, Mindfulness of Current Emotions and Managing Extreme Emotions.

Homework is page 311.

Make sure to try to practice the other skills as well and check in with your therapist.