## **EMOTION REGULATION HANDOUT 1**



(Emotion Regulation Worksheet 1)

## **Goals of Emotion Regulation**

## UNDERSTAND AND NAME YOUR OWN EMOTIONS

Identify (observe and describe) your emotions.
Know what emotions do for you.
Other:
DECREASE THE FREQUENCY OF UNWANTED EMOTIONS
Stop unwanted emotions from starting in the first place.
Change unwanted emotions once they start.
Other:
DECREASE EMOTIONAL VULNERABILITY
Decrease vulnerability to emotion mind.
Increase resilience, your ability to cope with difficult things and positive emotions.
Other:
DECREASE EMOTIONAL SUFFERING
Reduce suffering when painful emotions overcome you.
Manage extreme emotions so that you don't make things worse.
Other:

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