

## EMOTION REGULATION HANDOUT 19

(Emotion Regulation Worksheets 12, 13)



### Build Mastery and Cope Ahead

#### **B**uild Mastery

1. Plan on doing at least one thing each day to build a sense of accomplishment.

Example: \_\_\_\_\_

2. Plan for success, not failure.
  - Do something difficult, but possible.
3. Gradually increase the difficulty over time.
  - If the first task is too difficult, do something a little easier next time.
4. Look for a challenge.
  - If the task is too easy, try something a little harder next time.

#### **C**ope Ahead of Time with Difficult Situations

1. **Describe** the situation that is likely to prompt problem behavior.
  - Check the facts. Be specific in describing the situation.
  - Name the emotions and actions likely to interfere with using your skills.
2. **Decide** what coping or problem-solving skills you want to use in the situation.
  - Be specific. Write out in detail how you will cope with the situation and with your emotions and action urges.
3. **Imagine the situation** in your mind as vividly as possible.
  - Imagine yourself **IN** the situation **NOW**, not watching the situation.
4. **Rehearse in your mind coping effectively.**
  - Rehearse in your mind exactly what you can do to cope effectively.
  - Rehearse your actions, your thoughts, what you say, and how to say it.
  - Rehearse coping effectively with new problems that come up.
  - Rehearse coping effectively with your most feared catastrophe.
5. **Practice relaxation *after* rehearsing.**