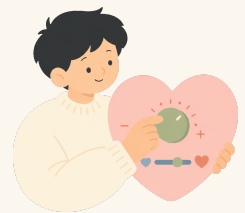


Emotion Regulation Skills

Cheat Sheet



Six skills for the moments a feeling takes the wheel - name it, size it, and steer it without shoving it down.

1 CATCH THE FEELING EARLY

2 NAME IT BEFORE YOU FIX IT

3 PICK THE SKILL THAT FITS



1 Name It Precisely BEST WHEN A FEELING IS LOUD BUT BLURRY

- Go past "bad" or "stressed": is it hurt, embarrassed, jealous, left out, disappointed?
- Rate it 0 to 10. A number turns fog into a shape you can work with.
- Say it like weather, not identity: "anger is here," not "I am angry."
- A precise label turns the volume down. Vague dread stays loud.



2 Check the Facts BEST WHEN THE REACTION FEELS BIGGER THAN THE EVENT

- Describe what happened the way a camera would: no mind reading, no meanings.
- Ask: does the size of this feeling match the size of the facts?
- Name the story you added: "she hates me" versus "she answered briefly."
- If it fits, let it guide you. If it doesn't, opposite action is next.



3 Opposite Action BEST WHEN THE URGE WOULD MAKE THINGS WORSE

- Fear says avoid: take one small step toward the thing, not away from it.
- Sadness says disappear: get up, open the curtains, text one person.
- Anger says attack: lower your voice, unclench your hands, be gently civil.
- Commit fully - posture, face, and tone. Half-hearted won't convince your brain.



4 Ride the Wave BEST WHEN YOU'RE WAITING OUT A BIG SURGE

- A single surge of emotion crests and fades in roughly 20 to 90 seconds - if you don't refuel it.
- Track it in your body instead: where it sits, how heavy it is, whether it's moving.
- Replaying the scene, rehearsing comebacks, and building your case restart the wave.
- Exhale longer than you inhale and let the surge finish on its own.



5 Protect the Basics (PLEASE) BEST WHEN EVERYTHING FEELS HARDER THAN IT SHOULD

- **P**L Treat physical illness and pain. A strained body has a shorter fuse.
- **A**void leaning on alcohol or other quick fixes to change how you feel.
- **E**xercise gently most days. Motion is maintenance for mood.
- **E**at at regular times. A skipped meal registers as an emergency inside.
- **S**leep comes first. Every feeling is louder after a short night.



6 Build Positives on Purpose BEST WHEN LIFE HAS SHRUNK DOWN TO JUST COPING

- Put small good things on the calendar like appointments: a walk, a call, real music.
- One tiny positive a day is enough. Emotions run on supplies, not willpower.
- Don't wait for the mood. Action goes first, and the feeling follows it.
- While it's happening, stay for three slow breaths. Let it register.