My Goals: Emotion Regulation

The emotion regulation module teaches:
1. Name and Identify My Emotions
2. Change Unwanted Emtions
3. Decrease Vulnerability to Negative Emotions
4. Increase Positive Emotions

<u>I want to decrease these behaviors to have less misery in my life</u>:
(Check the ones that apply to you.)
__Ignore my feelings.
__Deny my feelings.
__Becoming out of control when I get upset.
__Keep focusing on and thinking about the things that are causing my unwanted feelings.
__Refuse to use my skills when unwanted feelings occur.
__Ignoring my body and it's connection to my emotions, ie: unbalanced sleep, eating, refusal to exercise, using drugs or alcohol, missing doses of medicine.

<u>I want to increase the following behaviors to have a life worth living:</u> (Check the ones that you agree to learn and practice as you work in this module.)
__Identify and acknowledge my feelings to become more self aware.
__Observe and describe my feelings.
__Pay attention and describe what my feelings are doing for me in the situation.
__Change my feelings using my skills, for example, opposite action.
__Take care of my emotions by taking care of my body with the PLEASE skills.
__Practice behaviors that lead to positive emotions.
__Practice finding the silver lining in situations that feel difficult or overwhelming for me.

Notes: