

EMOTION REGULATION HANDOUT 14

(Emotion Regulation Worksheets 9–14b)

Overview: Reducing Vulnerability to Emotion Mind— Building a Life Worth Living

A way to remember these skills is to remember the term **ABC PLEASE**.

ACCUMULATE POSITIVE EMOTIONS

A

Short Term: Do pleasant things that are possible now.

Long Term: Make changes in your life so that positive events will happen more often in the future. Build a “life worth living.”

BUILD MASTERY

B

Do things that make you feel competent and effective to combat helplessness and hopelessness.

COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS

C

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

TAKE CARE OF YOUR MIND BY TAKING CARE OF YOUR BODY

PLEASE

Treat Physical illness, balance Eating, avoid mood-Altering substances, balance Sleep, and get Exercise.

EMOTION REGULATION HANDOUT 15



(Emotion Regulation Worksheets 9, 10, 13)

Accumulating Positive Emotions: Short Term

Accumulate positive emotions in the short term by doing these things.

BUILD POSITIVE EXPERIENCES NOW

- INCREASE PLEASANT EVENTS that lead to positive emotions.
- Do ONE THING each day from the Pleasant Events List.
(See *Emotion Regulation Handout 16*.)
- Practice opposite action; AVOID AVOIDING.
- BE MINDFUL of pleasant events (no multitasking).

BE MINDFUL OF POSITIVE EXPERIENCES

- FOCUS your attention on positive moments when they are happening.
No multitasking.
- REFOCUS your attention when your mind wanders to the negative.
- PARTICIPATE and ENGAGE fully in each experience.

BE UNMINDFUL OF WORRIES

Such as . . .

- When the positive experience will end.
- Whether you deserve this positive experience.
- How much more might be expected of you now.

EMOTION REGULATION HANDOUT 17

(Emotion Regulation Worksheets 9, 11–11b, 13)



Accumulating Positive Emotions: Long Term

Accumulate positive emotions in the long term to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

Step 1. Avoid avoiding.

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

Step 2. Identify values that are important to you.

ASK: What values are really important to me in my life?

Examples: Be productive; be part of a group; treat others well; be physically fit.

Step 3. Identify one value to work on now.

ASK: What is really important to me, right now, to work on in my life?

Example: Be productive.

Step 4. Identify a few goals related to this value.

ASK: What specific goals can I work on that will make this value part of my life?

Examples: Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

Step 5. Choose one goal to work on now.

Do pros and cons, if necessary, to select a goal to work on now.

Example: Get a job where I can do something useful.

Step 6. Identify small action steps toward your goal.

ASK: What small steps can I take to get to my goal?

Examples: Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

Step 7. Take one action step now.

Example: Go on Internet and check for jobs in my area.

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.**