



Emotion Regulation Skills

Four practical ways to respond to strong emotions with more choice.

Emotion regulation does not mean getting rid of feelings. It means noticing what is happening and choosing a response that fits the situation.

1. OPPOSITE ACTION

Emotions often come with an action urge. When the emotion or its intensity does *not* fit the facts, choosing an opposite action can help shift the emotional pattern.

Examples

Anger urges you to attack -> lower your voice and speak respectfully.
Sadness urges you to isolate -> make a small move toward safe connection.

2. CHECK THE FACTS

- What happened - just the observable facts?
- What am I assuming, predicting, or interpreting?
- Does the emotion fit the facts? Does the intensity fit the situation?

3. SUPPORT THE BODY

- Take care of physical health needs.
- Eat regularly and adequately.
- Avoid relying on substances to manage emotions.
- Protect sleep.
- Move your body in ways that are realistic for you.

4. NOTICE POSITIVE MOMENTS

Your brain may naturally lock onto what went wrong. Practice noticing small positive experiences on purpose - a good meal, music, a walk, connection, rest, a hobby, or something that went a little better than expected.

Try one skill, not all of them

Ask: What would help most in this moment - changing my action, checking my interpretation, caring for my body, or noticing something supportive?