## **EMOTION REGULATION HANDOUT 2**

(Emotion Regulation Worksheets 2-4a, 16)

# Overview: Understanding and Naming Emotions

### WHAT EMOTIONS DO FOR YOU

There are reasons why we have emotions.

We need them!

#### FACTORS THAT MAKE REGULATING EMOTIONS HARD

Lack of skills, reinforcing consequences, moodiness, rumination/ worrying, myths about emotions, and biology can interfere with changing emotions.

## A MODEL FOR DESCRIBING EMOTIONS

Emotions are complex responses.

Changing any part of the system can change the entire response.

# WAYS TO DESCRIBE EMOTIONS

Learning to observe, describe, and name your emotion can help you regulate your emotions.

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