

EMOTIONAL REGULATION AND WISE MIND WITH DBT

EMOTIONAL HEALTH SKILLS AND DBT

DIALECTICAL BEHAVIOR THERAPY SKILLS

Gain the profound benefits and fulfillment of working with your emotions, instead of trying to numb, mindlessly react, get overwhelmed or depressed by them.

Emotions are information. Although they aren't based on facts, they are based on your authenticity, your beliefs, values, experiences, perceptions, what you truly want or need... and so on.



EMOTIONAL LITERACY AND STEP-BY-STEP PROCESSING

With Emotional Health Skills you can untangle thoughts from feelings, process painful emotions, rather than depress or over-express them, so you feel cleaner, empowered and self-connected with Self-Leadership (Wise Mind)

PROCESSING EMOTIONS WITH F.L.O.W.

AWARENESS AND GUIDANCE OVER EMOTIONS

We have countless emotional experiences throughout the day. Some so subtle we don't notice, others so intense it may throw us into maladaptive reactions.

F.L.O.W. can help provide the following:

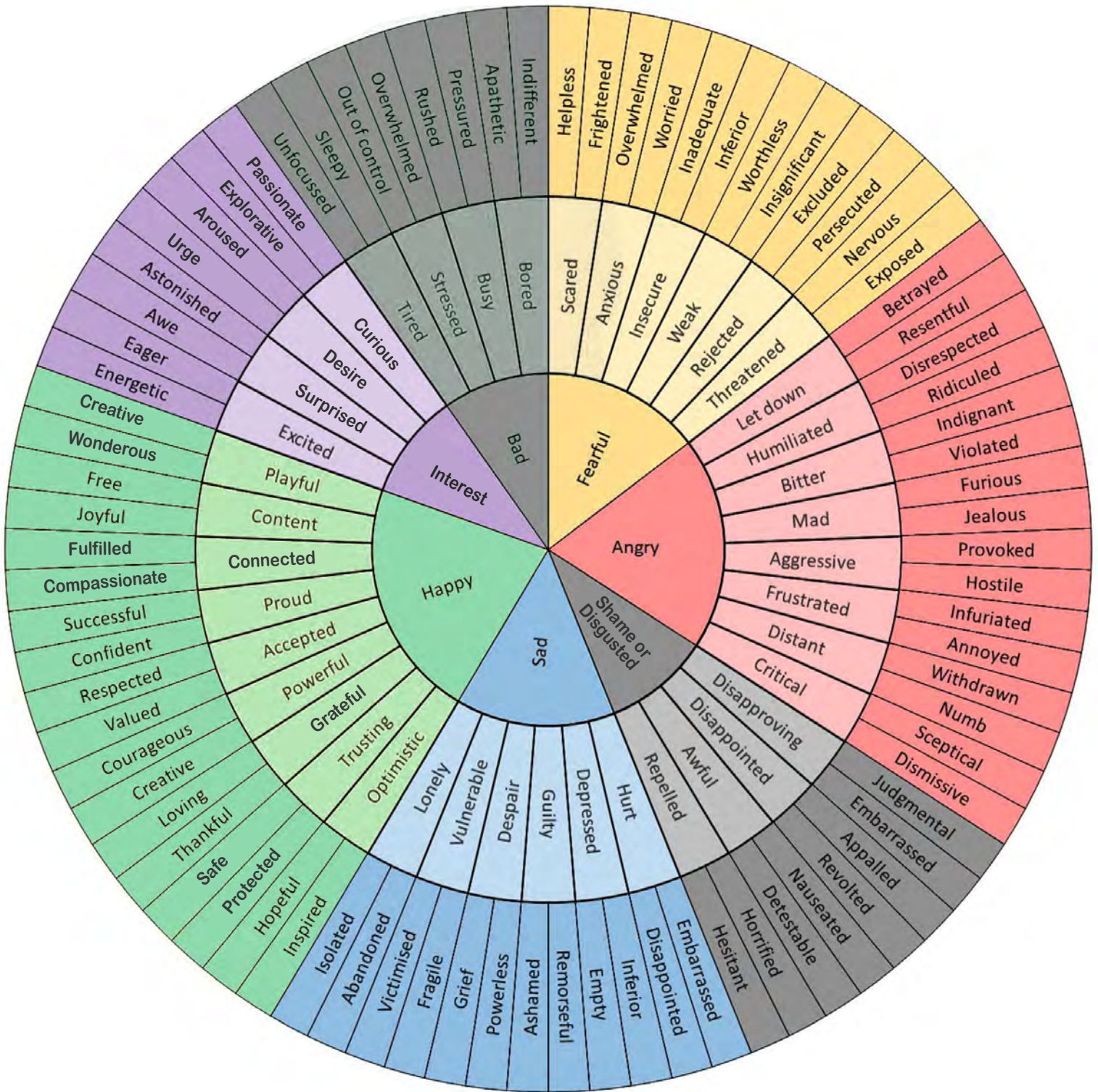
- Prevent reactivity, outbursts, overly expressing or depressing emotions
- Simply flow through some emotions, while making time to come back to other emotions that need more attention to process
- Self-connected, aligned with personal values, needs, wants and limits
- Calmer nervous system, more 'feel good' neurochemicals and well-being

F	<u>FEEL</u> NOTICE EMOTION IN YOUR BODY	As you go about your day, connect with your bodily sensations and feel your emotional experiences.
L	<u>LABEL</u> LABEL EMOTION(S) YOU ARE FEELING	Label your emotional experience as accurately as possible. Use tools like Feelings Wheel and Emotions Chart.
O	<u>OWN & OPEN</u> OWN, THEN OPEN OR CONTAIN BY CHOICE	ALL your emotions are 100% within your power. Own then choose when to open up your emotions and process emotions as needed.
W	<u>WISE MIND</u> LEARN WHAT YOUR EMOTION NEEDS	With ideal time and place, 'sit with' your emotion, ask Inquiry Questions and understand its wants and needs.

IF YOU ARE IN IMMEDIATE DANGER, FLEE FOR SAFETY IMMEDIATELY OR CONTACT AUTHORITIES

LABEL EMOTIONS

Recognize what you are feeling in the moment. Identify as specifically as you can.



OPEN OR CONTAIN YOUR EMOTION

IMMEDIATE DANGER? Ensure immediate safety

90 SECOND RULE

Does my emotion deactivate within 90 seconds or does it continue to need my attention to understand its needs?

TIME AND PLACE TO OPEN OR CONTAIN

Is now the time and place to OPEN my emotion fully with Wise Mind and Conscious Emotional Processing?

If now isn't the time or place, CONTAIN your emotion and schedule a time later to OPEN it with Wise Mind.



WISE MIND PROCESSING FOR BIG EMOTIONS

AWARENESS AND GUIDANCE OVER EMOTIONS

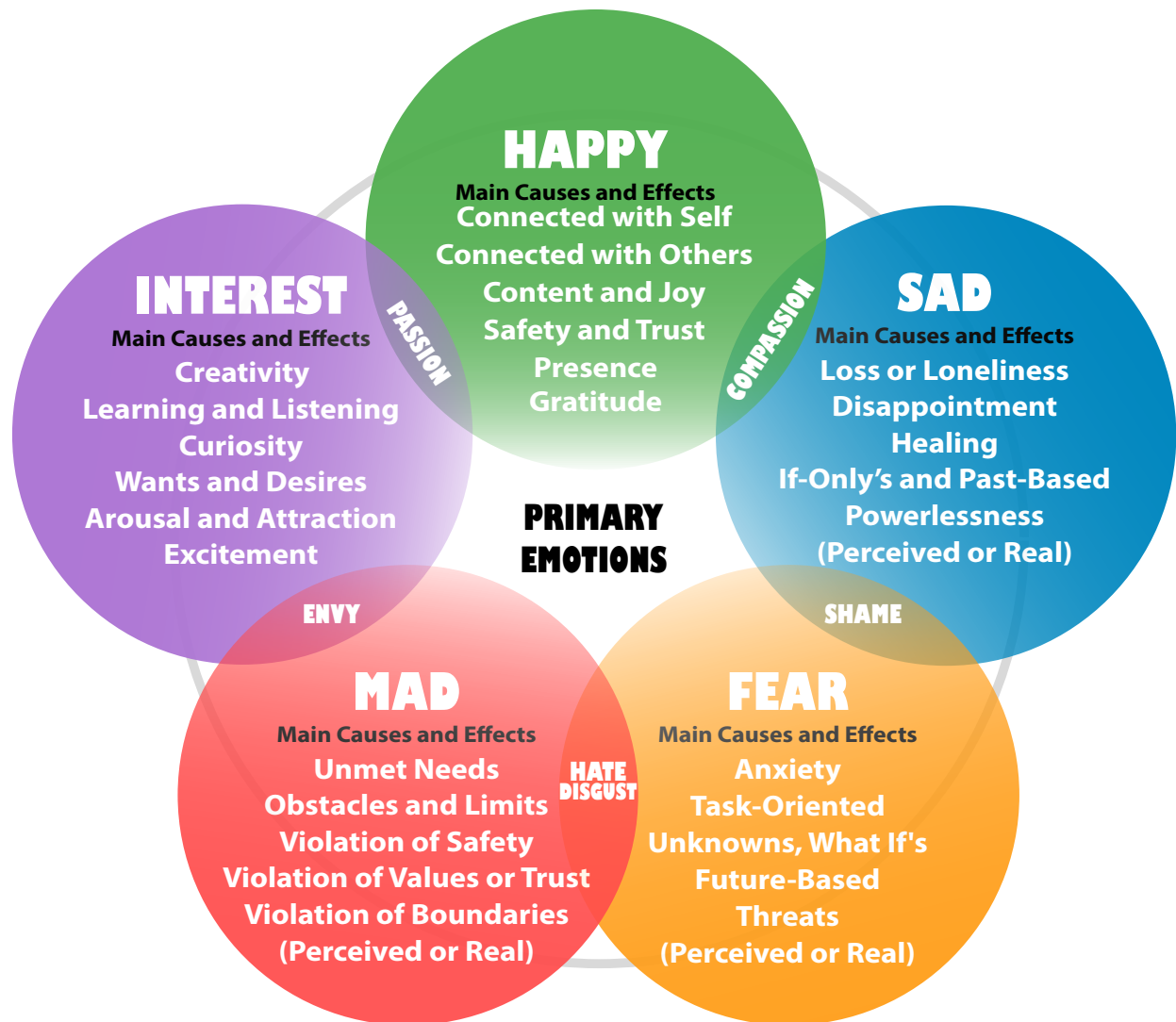


W	<u>WHERE AND WHEN</u>	Connect within and open up to feeling emotions and thoughts. See if feelings stem from PAST or FUTURE.
I	<u>INQUIRY QUESTIONS</u>	Use Inquiry Questions from the following pages to understand your emotions.
S	<u>SENSORY CHECK</u>	Notice your 5 senses as they can impact your emotions, needs and wants in the moment. Am I cold? Are the lights too bright? Am I hungry?
E	<u>EMPOWERED ACTION</u>	Sometimes we need to take action or make action plan based on what we discover from Inquiry Questions and Sensory Check.

IF YOU ARE IN IMMEDIATE DANGER, FLEE FOR SAFETY IMMEDIATELY OR CONTACT AUTHORITIES

WISE MIND WITH EMOTIONAL LITERACY

Researchers propose there are 5 to 27 Primary Emotions (Leitzke & Pollak, 2016). These foundational emotions blend and mix like paint colors creating hues of approximately 34,000 distinguishable felt emotions. Although it would take a lot of time to explain 34,000+ emotions, understanding primary emotions provides you with a valuable framework for Emotional Literacy.





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**To experience
embodied
awareness,
take notice of
the underlying
sensations that
actually inform
you about how
you feel.**

-

Peter Levine, PhD

WHEN IS YOUR EMOTION BASED

Bringing emotions into presence heals and empowers you

Happened in the Past (even a moment ago)

Anger/Violated
Sadness/Loss
Disappointment
Depression/Shame
Powerless/Regret

Happening Now

Gratitude
Celebration/Joy
Curiosity/Interest
Compassion
Connection (feeling seen, heard, valued)
Safe/Content

Could Happen in the Future (even in the next moment)

Anxiety/Fear
Desire/Want
Anticipation
Doubt
Unknown/Confusion



*Further past
More if only's
More powerless*



**CALM
PRESENT**



*Further future
More what if's
More anxiety*



**ONLY REALITY WE HAVE
AND PLACE OF
EMPOWERMENT**

**EMPOWER YOUR
PAST WITH
REMEMBRANCE AND
LEARNING LESSONS**

**EMPOWER YOUR
FUTURE BY
ENVISIONING
AND PLANNING**

INQUIRY QUESTIONS EVERY EMOTION HAS A PURPOSE

Emotion is information. Every emotion has a unique purpose Emotions are activated as both cause and effect, intentional or automatic For example, sadness occurs with a loss, however we can feel intentional compassion towards our sadness, guiding us to heal and feel a sense of contentment.



HAPPY EMOTIONS

Felt when genuinely connected with ourselves, others, our values, gratitude, presence, and or safety. Offers fulfillment, love, contentment, joy, and invigoration.



SAD EMOTIONS

Occurs when we experience or perceive a loss or disappointment. It's job is to slow you down, accept, let go and grieve. It provides crying, healing, and rejuvenation.



FEAR EMOTIONS

Perceives a threat or unknown. Forces you to feel like responding with flight (flee away)-or-fight (action at). Makes you focus or obsess, until you pay attention to it.



MAD EMOTIONS

Detects a violation (real or perceived) of your values, a boundary, safety, or a loved-one's safety. Can also reveal an unmet need. It's job is to fuel corrective action and overcome obstacles.



INTEREST EMOTIONS

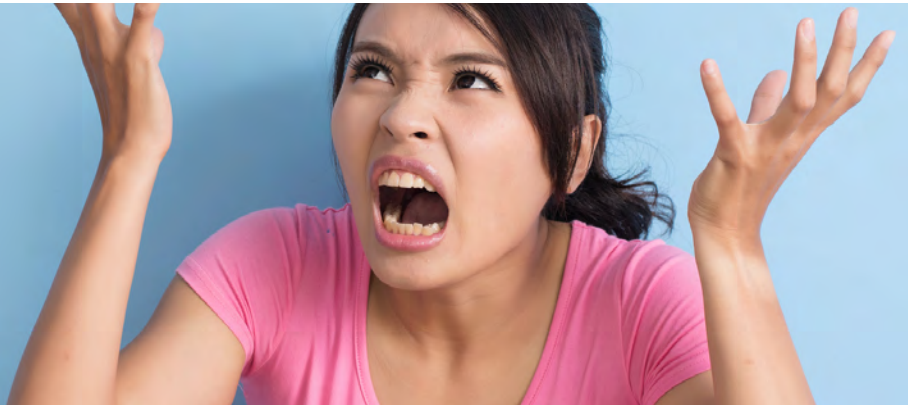
Energizes! It's job is to inspire learning and improvement. It tells us who and what we like, desire and want more of. Results in curiosity, motivation, creativity, and even excitement.



SHAME EMOTIONS

Shame tells you how you "should" be. Shame's job is to ensure you don't get kicked out of the 'tribe' (family or social groups). Too much shame is linked to most cases of Depression.

INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



INQUIRY QUESTIONS FOR ANGER

- Am I in immediate danger? If so, ensure immediate safety.
- Who or what is it that I care about?
- Do I feel violated (real or perceived)?
 - Violation of my safety or a loved-one's safety?
 - Violation of my values (injustice) or my trust (betrayal)?
 - Violation of my boundaries (needed limits)?
- Did I violate my own trust or values (self-betrayal)?
- Do I have an unmet need (like being 'hangry')?
- Unmet connection needs (feeling seen, heard, valued or respected)?
- Is my anger over-protecting me from feeling hurt or disappointed?

POSSIBLE EMPOWERED ACTION FOR ANGER

- How can I ensure I'm living aligned with my values?
- If safety concern, how can I ensure boundaries or safety measures?
- Is anger over-protecting me from hurt? See Inquiry Questions for Sad
- Do I need to communicate a want, need or needed limit to ensure I am no longer hurt, disappointed, boundary-less or resentful?
- Do I need to plan for creative solutions and/or strategic action?
- Use Conscious Angering Practice and Balanced Boundaries Skills



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**Anger brings you
a lot of energy,
intensity,
forcefulness, and
focus. Knowing
anger's purpose
— and asking the
internal questions
— will help you
channel that
intensity into
healthy action.**

Karla McLaren, MEd

INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



SUBTYPE OF ANGER

APATHY / RESENTMENT / CONTEMPT

- Mask for anger
- Repressed anger (usually due to not having Emotional Processing Skills and depressing anger)
- Unable or unwilling to clearly communicate wants, needs and/or needed limits (boundaries)
- Can result in stonewalling, silent treatment, passive aggression

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What are my needs, wants and expectations of others?
 - Are they realistic expectations?
 - Have I clearly communicated my expectations, "I want _____"
- Use Conscious Angering Practice

INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



SUBTYPE OF ANGER

ENVY

- Anger and Interest (Desire) blended together
- Provides awareness of what you want and desire but don't have
- May desire something you feel you shouldn't want, don't feel good enough to attain or feel it is impossible for you to attain

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What am I wanting and desiring?
- How important is what I'm wanting and desiring?
- Can I accomplish what I'm envious about?
- Do I have shaming or limiting beliefs?
- Establish goals in a healthy way to accomplish what you truly desire if it is possible and attainable

INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



SUBTYPE OF ANGER

HATE (DISGUST)

- Alerts to something or someone's behavior that you find aversive, repulsive and/or toxic (real or perceived)
- Wants to protect from dangerous/damaging people and situations
- Can be turned inward into self-hate, meaning you find your behaviors or choices repulsive or toxic and need corrective action or help asap
- This is the emotion that ensures we don't eat rotten food because it will taste 'disgusting' and trigger the emotion of disgust to spit it out!

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What has fallen into my unawareness that I may find toxic?
- Who or what do I really not like?
- Accept what you cannot change, yet ensure healthy boundaries, distance and safety from those you find unsafe
- Am I feeling self-disgust? Notice regrets, rejected aspects of self, learn lessons, align with your genuine values and ensure you improve
- Working with a therapist may be an imperative part of working through feelings of self-hate and self-disgust

INSTINCTS, SAFETY, TASK-ORIENTATION

INQUIRY QUESTIONS TO PROCESS FEAR EMOTIONS



SUBTYPE OF FEAR

ANXIETY AND WORRY

- Perceives a possible future threat or unknown
- Forces you to feel like responding immediately with flight-or-fight
- Makes you focus or obsess until you pay attention to it
- Urges you to get things done and may bombard you with 'too much'
- Wants you to plan, be proactive or take care of urgent tasks
- Wants to prevent future mistake, hardship, threat or failure
- Activates your stress-response/nervous system and stress hormones

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What really needs to be done right now?
- For long term fears, list what-if's, be proactive and plan what you can
- #1 antidote to anxiety is planning possible solutions for worries
- Make unknowns knowns as much as much possible by researching
- Be curious and 'interested' in understanding your anxiety
- Use Conscious Anxiety Practice

INSTINCTS, SAFETY, TASK-ORIENTATION

INQUIRY QUESTIONS TO PROCESS FEAR EMOTIONS



SUBTYPE OF FEAR

CONFUSION

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- Is too much going on at once?
- Do I need to take a time-out and time-in to decompress, reflect, prioritize what is most important right now?
- What aspect of my life is the most confusing or scary right now?
- How can I can clarity to resolve confusion?
- What are my priorities?
- What is most important?
- What do I feel is missing my life?
- Am I living aligned with my values?
- Does my confusion involve another person?
- Is there a clear, calm way I can ask for clarity to resolve confusion? If so, what questions would I ask and how would these questions clear things up (rather than cause more confusion or conflict)?
- Use Conscious Anxiety or Conscious Complaining Practice

INSTINCTS, SAFETY, TASK-ORIENTATION

INQUIRY QUESTIONS TO PROCESS FEAR EMOTIONS



SUBTYPE OF FEAR

JEALOUSY

- Blend of Anger, Sadness and Fear
- Means you value and want to protect your relationship! This is a good thing!
- Jealousy's job is to protect and maintain strong, loyal relationships

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What is my partner doing that is disloyal?
- Am I shaming my natural feeling of jealousy?
- Am I triggered by disloyalty from the past?
- Is there anything I want-or-need from my partner in order to no longer feel jealous?
- If you can't think of a specific want or need to communicate, then you likely do not need to express jealousy. Venting to friends can be helpful. Venting jealousy at your partner may not be helpful.
- Take 100% responsibility for processing jealousy (remember it is your emotion and you get to process through it calmly)



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Jealousy is a combination of fear and self-protection (anger) that arises when your most intimate and important relationships seem threatened.

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Karla McLaren, MEd

INSTINCTS, SAFETY, TASK-ORIENTATION

INQUIRY QUESTIONS TO PROCESS FEAR EMOTIONS



SUBTYPE OF FEAR

PANIC / ANXIETY ATTACK

- State of life-saving energy, fight-or-flight
- Extreme hyper-focus on perceived threat
- 'Armed and ready' activated nervous system, adrenaline and loss of access to prefrontal cortex (rational thinking)

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- Am I dealing with a real or perceived threat?
- What is the threat or possible loss?
- Am I having an emotional flashback (fear of emotional pain that I've experienced in the past... due to rejection, neglect, abuse or Childhood Emotional Neglect (CEN)?
- Is this a shame attack (due to Inner Critic shaming into self-hate)?
- Panic/shame attacks may reveal your mind doesn't trust that you've learned enough lessons from the past to ensure you won't be able to protect yourself from repeating the same painful experiences in the future. This is related to PTSD and appropriate to discuss in therapy.
- Going for a 10 minute run or fast-paced walk can resolve panic



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**Fear keeps us
focused on the
past or worried
about the
future. If we can
acknowledge
our fear, we can
realize that right
now we are
okay.**

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Thích Nhất Hạnh

SLOW, PROCESS, HEAL, REVITALIZE

INQUIRY QUESTIONS TO PROCESS SAD EMOTIONS

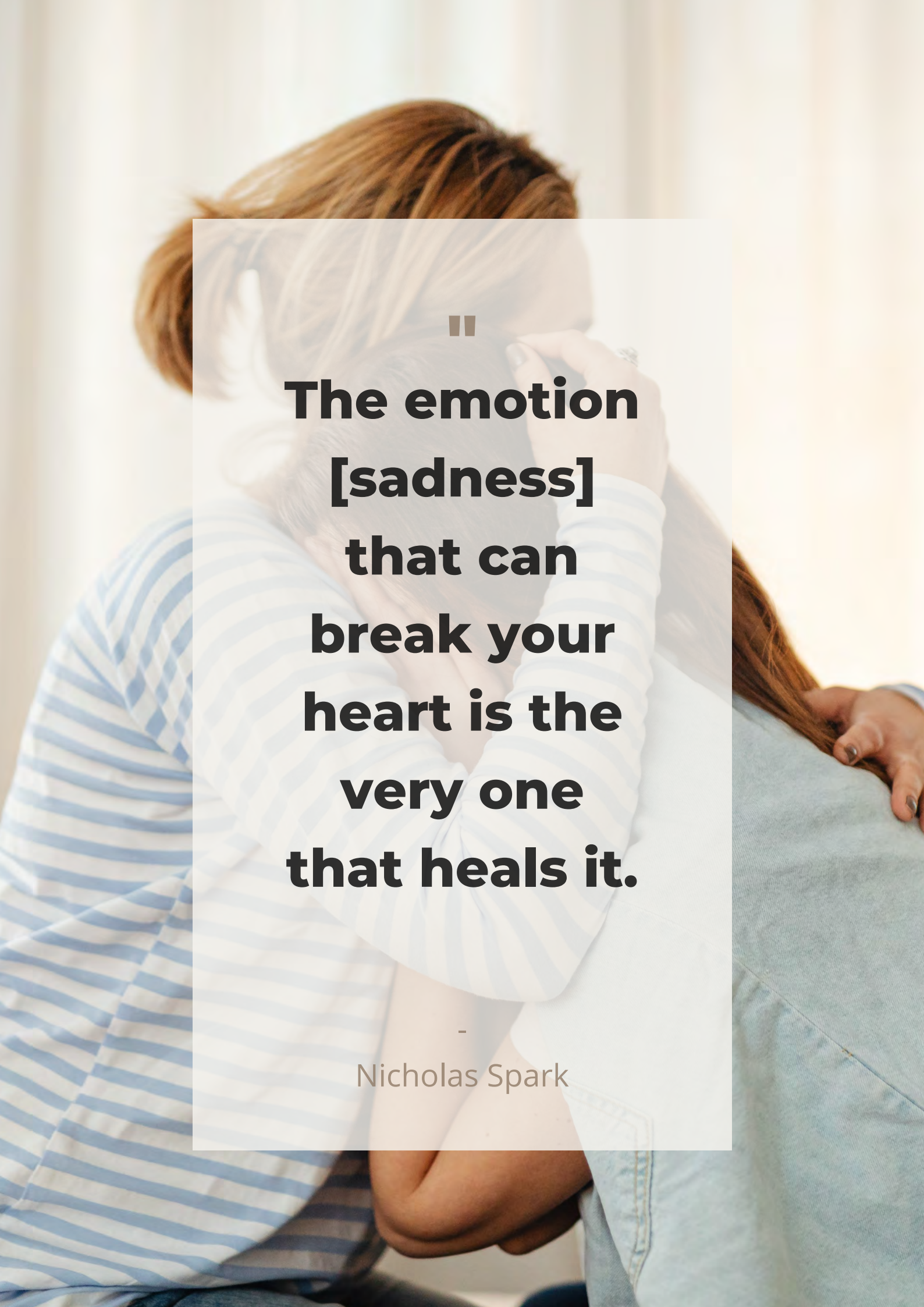


PURPOSE FOR SAD/HEALING EMOTIONS

- Inevitably occurs when we experience or perceive a loss or disappointment
- Slow you down to accept, let go and grieve
- Provides crying, healing, and rejuvenation
- May involve a loss you chose, such as moving, job change, etc.
- May involve a loss you did not choose, such as grief or divorce

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What must be accepted in order to feel, process and heal?
- How can I provide myself with self-care, self-compassion and rest?
- If there are lessons to learn from this experience, what are they?
- Studies show crying improves your mood 88.8% of the time, within minutes. Daily, intentional crying or 'sitting in the mud' with sad feelings for about 10 minutes offers healing for loss, betrayal, shame, heartbreak, and can even breakthrough some types of depression
- Plan daily simple comforts and for the future, travels, interests, etc.
- Ask for specific help and support from supportive friends or family



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**The emotion
[sadness]
that can
break your
heart is the
very one
that heals it.**

-
Nicholas Spark

SLOW, PROCESS, HEAL, REVITALIZE

INQUIRY QUESTIONS TO PROCESS SAD EMOTIONS



SUBTYPE OF SADNESS

DISAPPOINTMENT OR FEELING BETRAYED

- May involve someone else's behavior or lack of expected behavior
- May involve a loss due to expectations or hopes not being met
- May involve a failure, which is experienced as a painful loss
- May involve violation of trust (which will also activate anger)
- May involve not feeling seen, heard and valued (loss of connection)
- Involves a sense of loss you did not choose

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- What must be accepted, mourned and released?
- What can be restored in terms of modulating expectations to prevent future disappointment, failure or betrayal?
- What type of apology or expectations are needed to restore trust?
- Feel through the heavy of daunting grief and seek therapy as needed
- Ask for support from friends and/or supportive loved-ones as needed
- Use Conscious Complaining and Mindful Self-Compassion practices

SLOW, PROCESS, HEAL, REVITALIZE

INQUIRY QUESTIONS TO PROCESS SAD EMOTIONS



SUBTYPE OF SADNESS

SITUATIONAL DEPRESSION (ALSO SHAME-BASED)

- Your emotional 'Stop Sign'
- Drains your energy to force you to slow down and notice things that are not working so you can redirect yourself in a better direction, set boundaries or establish more realistic expectations for self or others
- Produces hormones that push for "SLOWING" forcing you to take time to heal, cleanse, rest, recover and reset yourself in right direction

INQUIRY QUESTIONS AND POSSIBLE EMPOWERED ACTION

- Why did my mind demand this halting?
- Have I been running in the wrong direction, or in circles of unwanted behavioral patterns?
- What do I feel powerless or helpless over?
- Do I have regrets to look at and learn from?
- How much time do I need to take time for myself to rest and heal?
- Is my Inner Critic shaming me in depression? Do Inner Critic Work.
- Can I list creative solutions?
- Ensure counseling to navigate and get unstuck from depression



**Attend to
depression in a
grounded,
empathetic way. It
can stand up for
your lost dreams
and clear
everything inside
that threatens
those dreams. In
essence, giving
you a new life.**

Karla McLaren, MEd

EMOTIONAL HEALTH SKILLS

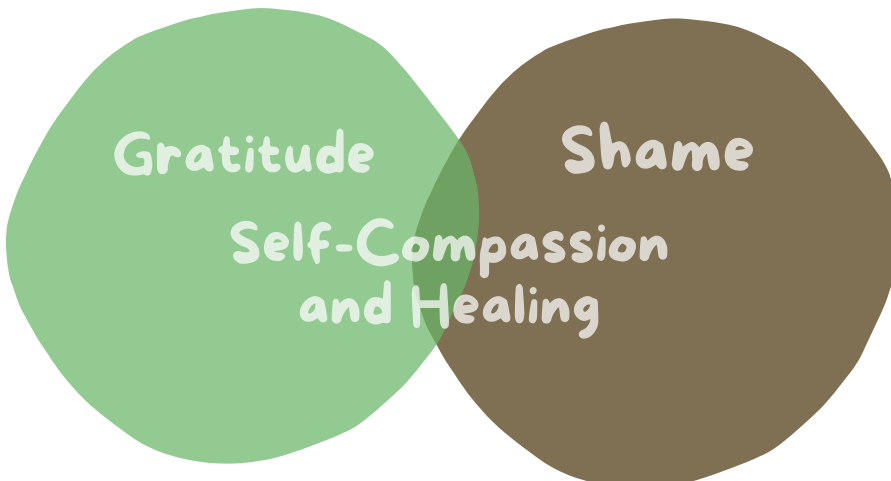
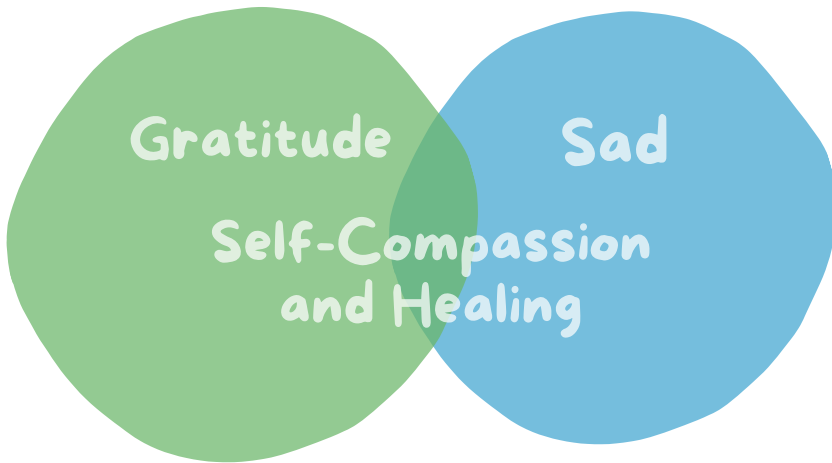
emotional processing

EMOTIONS CHANGE EMOTIONS

FEELINGS CERTAIN EMOTIONS TOWARDS EMOTIONS



FEELING GRATEFUL FOR YOUR OWN FEELINGS OF SADNESS OR SHAME ALLOWS FOR SELF-COMPASSION, CRYING AND PROCESSING (HEALING)



LEARN MORE ABOUT MINDFUL SELF- COMPASSION

Research indicates that self-compassion is one of the most powerful sources of resilience we have available to us, radically improving our mental and physical wellbeing.

www.counselorathena.com/cft



GRATITUDE, PRESENCE, CONNECTION, SAFETY, CELEBRATION

INQUIRY QUESTIONS TO ENJOY HAPPY EMOTIONS




PURPOSE FOR HAPPY/CONTENT EMOTIONS

- Reveals you feel genuinely connected with yourself, your sense of purpose and values, or with others
- Allows you to relax and feel safe and tells your mind you're safe (it works both ways)
- Offers fulfillment, connection and love and invigoration
- Fastest way to feel happy/content is to feel gratitude in the moment, even gratitude towards painful emotions or your own sadness as this allows for healing and unconditional self-love in the moment

INQUIRY QUESTIONS AND HAPPY ACTIVATING ACTIONS

- Be grateful and allow it to shine and flow
- Do not try to cage your happy feelings! Allow them to be and be grateful for this as this will encourage happy feelings to stick around longer
- Be open to feel all emotions equally as this allows for more content
- What am I feeling right now?
- What am I grateful for right now?
- Joy occurs spontaneously, in the moment. It's a lot like light, in that it travels effortlessly. It just needs space to shine through and we can allow for more moments of joy by being present and grateful



“
**Sometimes
your joy is the
source of your
smile, but
sometimes
your smile can
be the source
of your joy.**

-
Thích Nhất Hạnh

Reflection Questions

When you move toward it in an adaptive way,
pain shrinks. When you move away from it,
pain grows. If you flee from it, pain pursues
you like a monster in a dream.


Tony Fakhry

Which emotions are most comfortable for you to feel and work with right now?

What purpose and gifts do these comfortable emotions bring you?

How do you respond when these comfortable emotions arise?

Which emotions are most challenging for you to experience and work with?



**When dealing with people [and yourself],
remember you are not dealing with creatures of
logic, but with creatures of emotion.**


Dale Carnegie

What purpose and gifts do these challenging emotions bring you?

How do you respond when these challenging emotions arise?

What emotions are you especially resistant to? What is it that you dislike about them so much?

Which emotions would you like to get rid of completely if you could? Why?



**Children aren't born knowing how to regulate
their emotions any more than they are born
knowing how to tie their shoes.**

GenMindful.com

Do you see how all emotions have value and purpose, and they are part of our physiology as humans?

Do you see how you may have learned to try to numb, escape, self-medicate, ignore, shame, over-share, "talk-away," or even try to "orphan out" and blame certain emotions by making others responsible for them?

Do you see how imperative it to take 100% responsibility for all of your emotions, so you may be empowered to understand it's purpose and why you are having the specific emotion?

How can you allow more preferred emotions to occur in life, and less of your unwanted emotions?

If you suddenly and unexpectedly
feel joy, don't hesitate.
Give in to it.

MARY OLIVER





MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org