My Goals: Emotion Regulation

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

I want to decrease these behaviors to have less misery in my life:
(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.

I want to increase the following behaviors to have a life worth living: (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:

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