

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.