

# DBT ADVANCED EMOTION REGULATION SKILLS

## Chapter 1: *Emotion Exposure.*

For this exercise please click the link below to visit a video on YouTube. The exercise starts at 5:00 and ends at 13:06. In the future a video only containing this exercise will be uploaded, when done so, this PDF will be updated to contain the new link.

<https://www.youtube.com/watch?v=fWt0SZKgBLY&t=1217s>

# DBT ADVANCED EMOTION REGULATION SKILLS

## Chapter 1: *Emotion Log*

**Date:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Emotion(s):** \_\_\_\_\_

***Coping or Blocking***

**Response:** \_\_\_\_\_

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**Date:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Emotion(s):** \_\_\_\_\_

***Coping or Blocking***

**Response:** \_\_\_\_\_

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**Date:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Emotion(s):** \_\_\_\_\_

**Coping or Blocking**

**Response:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Date:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Emotion(s):** \_\_\_\_\_

**Coping or Blocking**

**Response:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Date:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Emotion(s):** \_\_\_\_\_

**Coping or Blocking**

**Response:** \_\_\_\_\_

# DBT ADVANCED EMOTION REGULATION SKILLS

## *Chapter 2: Opposite Action Examples*

<b>Emotion</b>	<b>Emotion-Driven Behavior</b>	<b>Opposite Action</b>
<b>Rage</b>	Assault, harm. Lowered eyebrows. Lips firmly pressed on top of each other. Heavy breathing, clenched fists, squared off in a fighting position.	Do something kind, avoid. Relax your fists, focus on your breathing to calm it down. Relax your facial muscles.
<b>Fear</b>	Avoid the situation/person. Hunched shoulders. Mouth is open slightly. Eyebrows raised.	Face your fear, expose yourself to what you are afraid of. Take on a confident body language.
<b>Sadness</b>	Avoid the situation/person. Withdraw from work/social life. Hanging head. Droopy eyelids. Lowered mouth corners.	Be active. Plan things, think about which goals you want to pursue. Change your body language to a more open one. Sit or stand up right.
<b>Guilt/Shame</b>	Self-chastisement, avoidance, admit to mistakes. Eyebrows arch outwards, the mouth droops in grief. Head titled forward or bent.	If baseless guilt, continue to enjoy the things that trigger your guilt. If guilt is adequate, apologize and change your ways.

# **DBT ADVANCED EMOTION REGULATION SKILLS**

## ***Chapter 2: Opposite Action in 5 Steps***

- 1. Become Aware Of What You Feel.**
- 2. Do I Find My Emotion Too Intense?**
- 3. Become Aware Of Your Current Body Language, Facial Expression and Behavior.**
- 4. Identify Which Opposite Action Is Suited For Your Current Body Language, Facial Expression and Behavior.**
- 5. Fully Commit To The Opposite Action And Monitor Your Emotions While Doing So.**

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***Chapter 2: Opposite Action Planning Worksheet***

**Emotion:** \_\_\_\_\_

**Emotion-Driven behavior:**

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**Opposite Action:**

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**Time Period:** \_\_\_\_\_

**Outcomes:** \_\_\_\_\_

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**Emotion:** \_\_\_\_\_

**Emotion-Driven behavior:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Opposite Action:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Time Period:** \_\_\_\_\_

**Outcomes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_









# DBT ADVANCED EMOTION REGULATION SKILLS

## Chapter 3: **ABC** Problem Solving Alternatives (Brainstorming)

Behavior: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Emotions: \_\_\_\_\_

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\_\_\_\_\_

Thoughts: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Behavior:** \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotions:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Thoughts:** \_\_\_\_\_  
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\_\_\_\_\_

**DBT ADVANCED EMOTION REGULATION SKILLS**

***Chapter 3: ABC Problem Solving  
Best Ideas***

Select the best ideas from your brainstorming session and write them down below.

**Behavior:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Thoughts:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# DBT ADVANCED EMOTION REGULATION SKILLS

## *Chapter 3: ABC Problem Solving Implementation Phase*

If I persist in my old behavioral patterns. What is likely to happen in the future: \_\_\_\_\_

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Best case scenario. What would I like to happen when I implement my new ideas:

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Worst case scenario. What am I afraid might happen when I implement my new ideas:

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Realistically, what is likely to happen when I implement my new ideas:

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