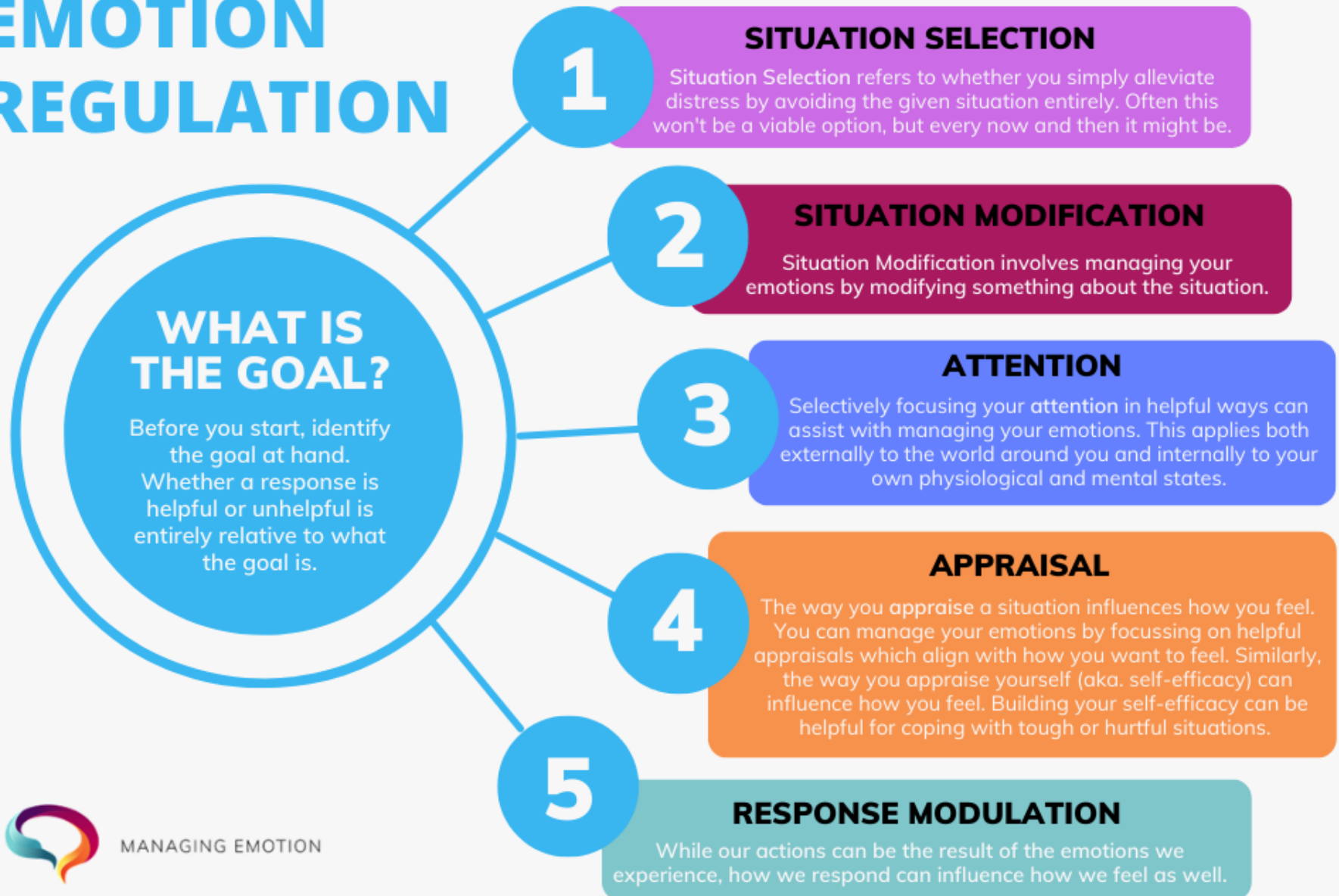


5 STAGES OF EMOTION REGULATION





Considerations

01

Before discarding a situation entirely, ask yourself:

- If you do not attend to the situation, will you potentially miss out on positive experiences or other things you want/ need by not being there?
- Will avoiding this situation lead to any likely negative outcomes later on?

02

Ask yourself:

- Are there any parts of the situation that you could feasibly change in a helpful way?
- If you make this change to the situation, will there be any negative consequences for you or others later on?

03

External Attention

- If you want to shift an emotion, it can help to focus attention on the things around you which align with how you would prefer to feel.

Internal Attention

- It's important to be able to identify your current emotional state. This can be done by taking note of your physiological responses.
- If you've identified that you feel distressed, it is often helpful to re-orient your focus to the goal at-hand. This helps to avoid escalating your physiological response.

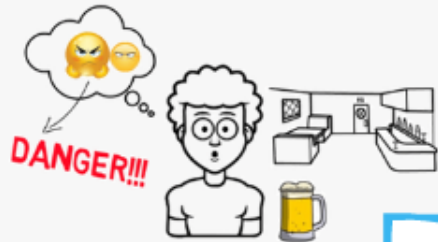
04

- When distressed, unhelpful appraisals are often unrealistic and negatively biased. Considering alternate explanations and all available evidence around you, can often help you generate more helpful appraisals.
- The same applies to your views about yourself, particularly when distressed or following a negative event. Reminding yourself of your positive qualities can help you generate a more balanced view of yourself.

05

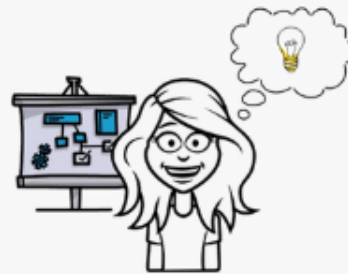
- Controlled breathing techniques can help alleviate negative emotions.
- It can be helpful to regularly take part in enjoyable and positive activities. Positive experiences are an important part of everyday life, and can also help support how we see ourselves.
- Be wary of wildcard responses. These are responses which may seem like a good idea in the moment for managing how you feel, but may also lead to other negative consequences for yourself or others.

Examples



You are at a bar and a brawl is about to break out. None of your friends are involved but you are currently standing in the middle of what's about to become an unofficial UFC octagon. In this case, leaving the bar would help you avoid getting caught up in any unwanted violence and prevent compromising the safety of your friends.

You are at an event and another student who you had a lot of difficulties with during a group assignment is there. While you have to be at this event and you can't make this person magically disappear, you can opt to talk to them a little, rather than a lot.



You are giving a speech. You focus towards the positive audience members whom appear engaged and supportive.

You are driving on a busy highway. You are about to cross a large bridge and notice that you are starting to feel very nervous. You acknowledge that you feel nervous and then gently re-orient your focus to the road and traffic ahead so you can continue to drive safely.

You have just broken up with your partner after you discovered they cheated on you. You feel hurt and acknowledge this with a kind and comforting approach towards yourself.

You have the thoughts "maybe it's my fault" and "it's because I'm not interesting enough", but after looking at the situation again you realize that a fairer appraisal would be that "others are responsible for their own actions" and "I deserve better."



You are in the middle of an online lecture, and your mum walks in asking you to do some chores. You are feeling very annoyed. You really want to yell at your mum, but you also realize that if you do, she will get upset and further disturb you from your studies. You take a few slow breaths to calm your temper, gently inform your mum that you can help out after finishing uni classes for the day, and proceed with the lecture.