

Controlling Your Emotions

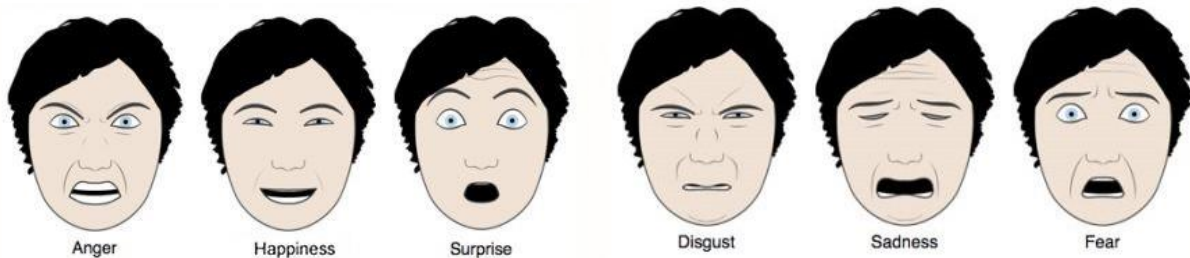
People often have difficulty controlling and responding to their emotions in healthy and productive ways. This difficulty often leads people to engage in problematic behaviors or ineffective coping strategies. Emotion regulation is the ability to handle emotions in a productive manner.

Step 1. Identify and label your emotions.

Step 2. Recognize typical cognitive and behavioral responses to emotions.

Step 3. Practice alternative responses.

Step 1. Basic Emotions



Step 2. What are your typical responses to these emotions?

	Thoughts	Behaviors
Anger		
Happiness		
Surprise		
Disgust		
Sadness		
Fear		

Step 3. Identify more effective responses to these emotions.

	Thoughts	Behaviors
Anger		
Happiness		
Surprise		
Disgust		
Sadness		
Fear		