

Emotion Regulation Handout 14

Change How You Feel by Acting Differently



Sadness

1. Do activities, keep yourself busy
2. Do things that make you feel good



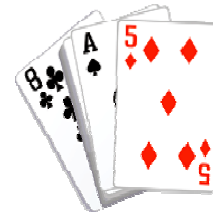
Anger

1. Be nice to the person you are angry at
2. Think about how the other person is feeling



Fear

1. Do what you are afraid of doing over and over
2. Do things that make you feel in control



Guilt or Shame

1. Repair the mistake by saying "I'm sorry" and do something to help the person you hurt.
2. Learn from the mistake and don't make the same mistake again
3. Accept the consequences for what you did





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