

Emotion Regulation Handout 11

Feel Better More Often

Have Fun

Short Term:

Do fun things every day

Long Term:

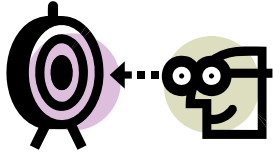
Make good choices so that you can have fun more often

Make goals and work towards them

Make and keep good friendships



My Goals:



The Steps:



Be Mindful During Fun Times

Focus your attention

Refocus when you are distracted

Don't worry about when the fun will end

