

Emotion Regulation Handout 12

Let Go of Emotional Pain: Be Mindful of Your Current Emotion

OBSERVE YOUR EMOTION

- Pay **ATTENTION** to your emotion.
- Step back.
- Get **UNSTUCK** from the emotion.

EXPERIENCE YOUR EMOTION

- As a **WAVE**, coming and going.
- Try not to **BLOCK** emotion.
- Don't try to **GET RID** of emotion.
- Don't **HOLD ON** to the emotion.
- Don't **INCREASE** the emotion.



REMEMBER: YOU ARE NOT YOUR EMOTION

- Be **MINDFUL** before you act on emotion
- Remember when you felt **DIFFERENT**.



PRACTICE LOVING YOUR

- Don't **JUDGE** your emotion.
- Try to **ACCEPT** your emotion.

