

Emotion Regulation Handout 9

What Good are Emotions?

Emotions Communicate to Others

1. Other people can see my face and can know how I am feeling.
2. I can see other people's faces and know how they are feeling.
3. My emotions affect me and they affect other people.



Emotions Help Communicate to Ourselves

1. My emotions tell me if something or someone is dangerous.
2. My emotions tell me if something or someone is safe.
3. Emotions are like a "fire alarm."



Emotions Prepare for Action

1. Emotions make me want to act (urges).
2. Emotions help me act fast (without having to think).
3. Emotions help me survive dangerous things and people.

