



Why should I regulate my emotions?

Every time we respond to an emotion in a helpful way, we create new emotion regulation habits.

Emotions are directly connected to our thinking and behaviour. Every time we respond to an emotion with a behaviour or a thought, our mind remembers, and a habit is created. Learning how to regulate emotions creates good habits for your mind.

GET TO KNOW YOUR EMOTION REGULATION HABITS

What strategies do you use to cope with uncomfortable feelings?

- Was OK with how I felt and I didn't try to change my feelings
- Drank alcohol or took drugs
- Put myself in someone else's shoes
- Ate until I felt uncomfortable
- Thought of ways to solve my problems
- Hurt myself
- Exercised, meditated, did a breathing exercise
- Repeatedly worried about things
- Talked it through with someone
- Got out, escaped...left a situation
- Picked a fight
- Watched TV, had a bath, took a nap, was kind to myself



Are any of these habits preventing you from having fulfilling relationships? Are they stopping you from achieving your goals?

