

About Emotions

adapted from: Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'

- Emotions are neither 'good' nor 'bad'.
- Suppressing emotions only makes things worse.
- Emotional regulation is for ineffective emotions only.
- The goal of regulating emotions is to reduce emotional suffering NOT get rid of emotions.
- Emotions are not facts.
- All emotions pass.
- Emotions are complex.
- Some emotions are universal.
- Emotions are involuntary.
- Emotions cannot be changed directly.
- Emotions are sudden and they fluctuate.
- Emotions are self-perpetuating.
- Emotions have components.

[@domingopsychology](#)



[@domingopsychology](#)