



What is Emotional Regulation ?

“...the ability to control or influence which emotions we have, when we have them, and how we experience and express them.”
(Linehan, 2015, p. 232.)

How?

- By understanding the role and function of emotions.
- By learning how to name our emotions.
- By listening to our bodies: emotions are felt as physical sensations (early warning signs).
- We can not change what we do not understand.

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

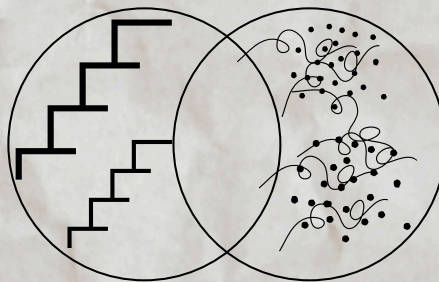
Emotional Regulation in Dialectical Behaviour Therapy (DBT)

Emotional regulation is a 'change skill' & includes these skills:

- Understanding & naming emotions.
- Changing emotional responses.
- Reducing vulnerability to emotion mind.
- Managing difficult emotions.

Emotion Mind

Reasonable
Mind



Emotion
Mind

Wise
Mind

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