

SKILLS TO USE TO REGULATE EMOTIONS

#	(A) CORE SKILLS	(B) DISTRACTION	(C) SELF-SOOTHE
1	DEEP BREATHING	COUNT NUMBERS	TAKE A LONG BATH
2	OBSERVE & DESCRIBE	WATCH TV	DRINK DECAF TEA
3	RADICAL ACCEPTANCE	COLOR/PAINT/DRAW	LIGHT CANDLES
4	MINDFULNESS/AWARENESS	WORK A PUZZLE	LISTEN TO SOOTHING MUSIC
5	HELP SOMEONE ELSE	EXERCISE	POSITIVE SELF-AFFIRMATIONS
6	PROS & CONS LIST	CALL A FRIEND	USE COMFORT BOX
7	PUSH AWAY THOUGHTS	CALL YOUR SPONSOR	TAKE A "VACATION"