Observe & Describe

**↑**

Opposite Action

Understanding Emotional Experiences

1)

2) **↑**

Decrease emotional intensity (level/duration of emotional arousal)

Emotional Sensitivity

**↕ ←**

Mindful of emotions

Decrease Vulnerability to emotional mind

Emotional Regulation

**← →** 3)

**→**

A) Accumulate Positives **↓**

B) Build Mastery

C) Cope Ahead A) Attending to facts of situation

B) What is really happening at the moment.

Versus what you think or feel is happening

C) Experiencing emotion

D) Not judging negative emotion

**Understanding Emotional Experiences**

8 Basic Emotions – Feelings and emotions are not the same. Feeling is one component of emotion – Patterned Reaction

Emotions are like fireworks or waves – Self perpetuation and moods. Add fuel to its own fire by organizing thoughts and behaviors around itself. If emotions keep fighting over and over for a considerable amount of time it becomes a mood.

Identify/Label/Observe/Describe – Owns emotions

Emotional Fog – Always know your emotions

**3 Basic Functions Of Emotions**

Organize us – communicate and influence others – communicate to you

Treating emotions like facts are not good

Justified versus un-justified emotions – Investigate first

**Components and Emotions**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Prompting Events | Interpretation  Thoughts about prompting event  Thinking may not always involve  Many interpretations for same events | Vulnerability  HALT  Hungry  Angry  Lonely  Tired | Experience | Express | After Effects |

**Emotional Sensitivity (don’t get upset easily)**

**Opposite Action**

Emotions-Actions- feed each other

Opposite action: Action opposite of unwanted emotions, not changing them directly but through action.

Changing the behavioral- expressive components opposite or inconsistent with unwanted emotions to decrease the sensitivity of emotions.

**5 Steps of opposite action**

1. Understanding Emotion
2. Figure out urge action
3. Determine if you want to change emotions by decreasing sensitivity
4. Figure out emotion opposite action
5. Do opposite action all the way

Short versus long term goals wanted/justified versus unjustified emotions

Apply opposite action to fear, anger, guilt, shame. Follow these five steps

**Fear:** Follow five steps**.** Opposite action only when fear is unjustified.

**Anger:** Follow five steps.Identify anger by using mindfulness. Opposite action works only if anger is unjustified. Action urges for anger are attack and judgmental thinking. Opposite action to that is being gentle and kind. HALF SMILE-GIVE SKILLS

**Shame/Guilt:** Follow five steps. Apply opposite action for unjustified shame.

**Decrease Vulnerability To Emotional Mind**

Decrease emotional and physical stressors. Create a buffer by decreasing stress in the context of pleasant emotions and experiences.

**A –** Accumulate positives - be mindful of positive things

**B –** Build Mastery – engaging in slightly challenging activity that makes you feel confident and competent

**C –** Cope Ahead – Practice new skills in mind in advance of negative emotions and situations. Coping in imagination – Problem Solving/Opposite Actions

**PLEASE**

1. Treat Physical Illness
2. Balance Eating
3. Avoid Mood-Altering Drugs
4. Balance Sleep
5. Get Exercise
6. Build Mastery

**Decrease Emotional Intensity (Being mindful of Emotions)**

1. The level and duration of emotional arousal.
2. Being mindful of emotions. Experience emotion without judging – inhibiting or distracting from them and without associating negative consequences to secondary emotions.
3. Non-reinforced exposure – beginning- peak- resolution

Notice emotions – sit back and experience them without pushing them away or getting caught up with them.

It peaks and passes like a wave. Experience it in the present moment.

1. Follow 4 steps from the Diagram