Welcome

Toolbox: Webisode Ten

Emotion Regulation: Check the Facts & Opposite Action

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WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

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REACH OUT TO SOMEONE ELSE

KING COUNTY CRISIS LINE (24/7)

1-866-427-4747 or 206-461-3222

TEEN LINK (6-10pm nightly)

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE (24/7)

Text HOME to 741741

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School Based Behavioral
Health Coordinator
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LMHCA, SUDPT, MHP

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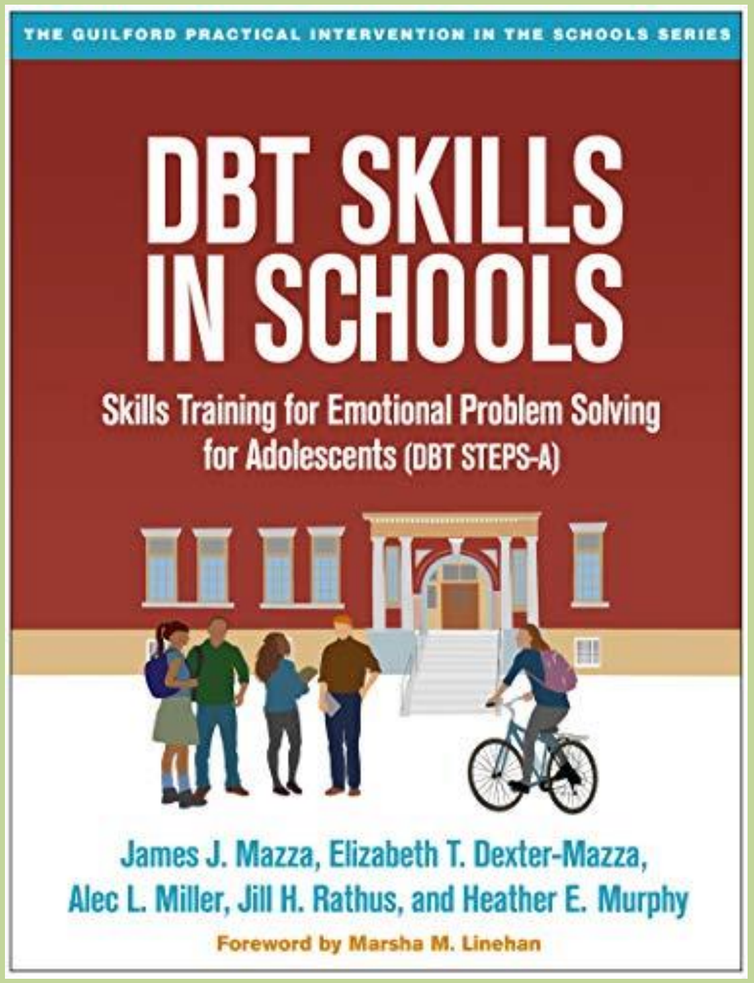
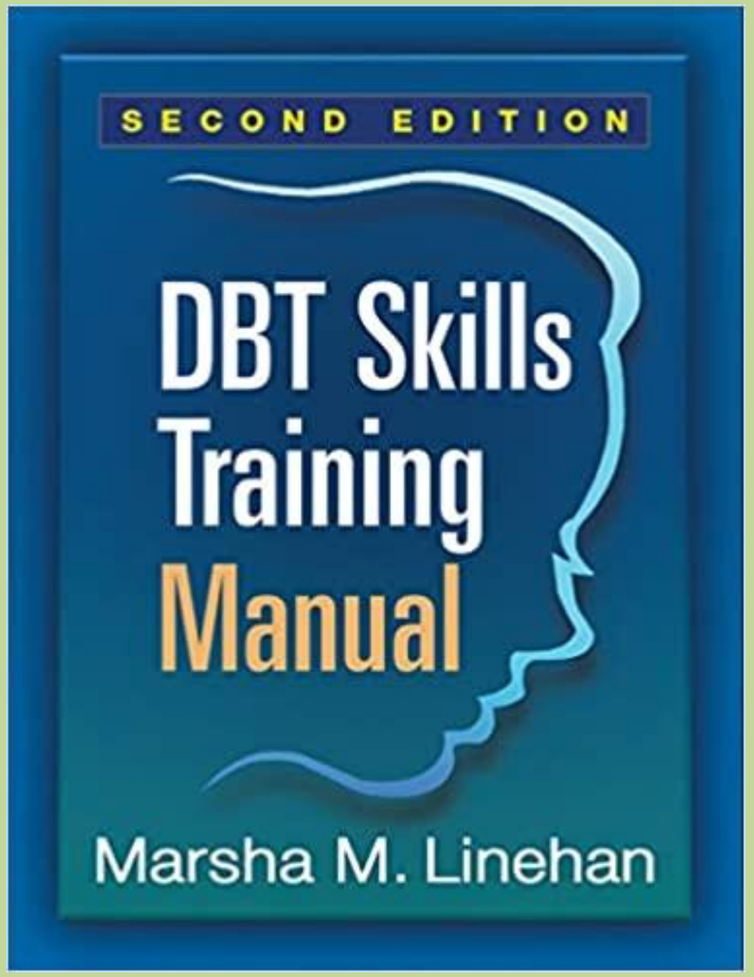
The Materials





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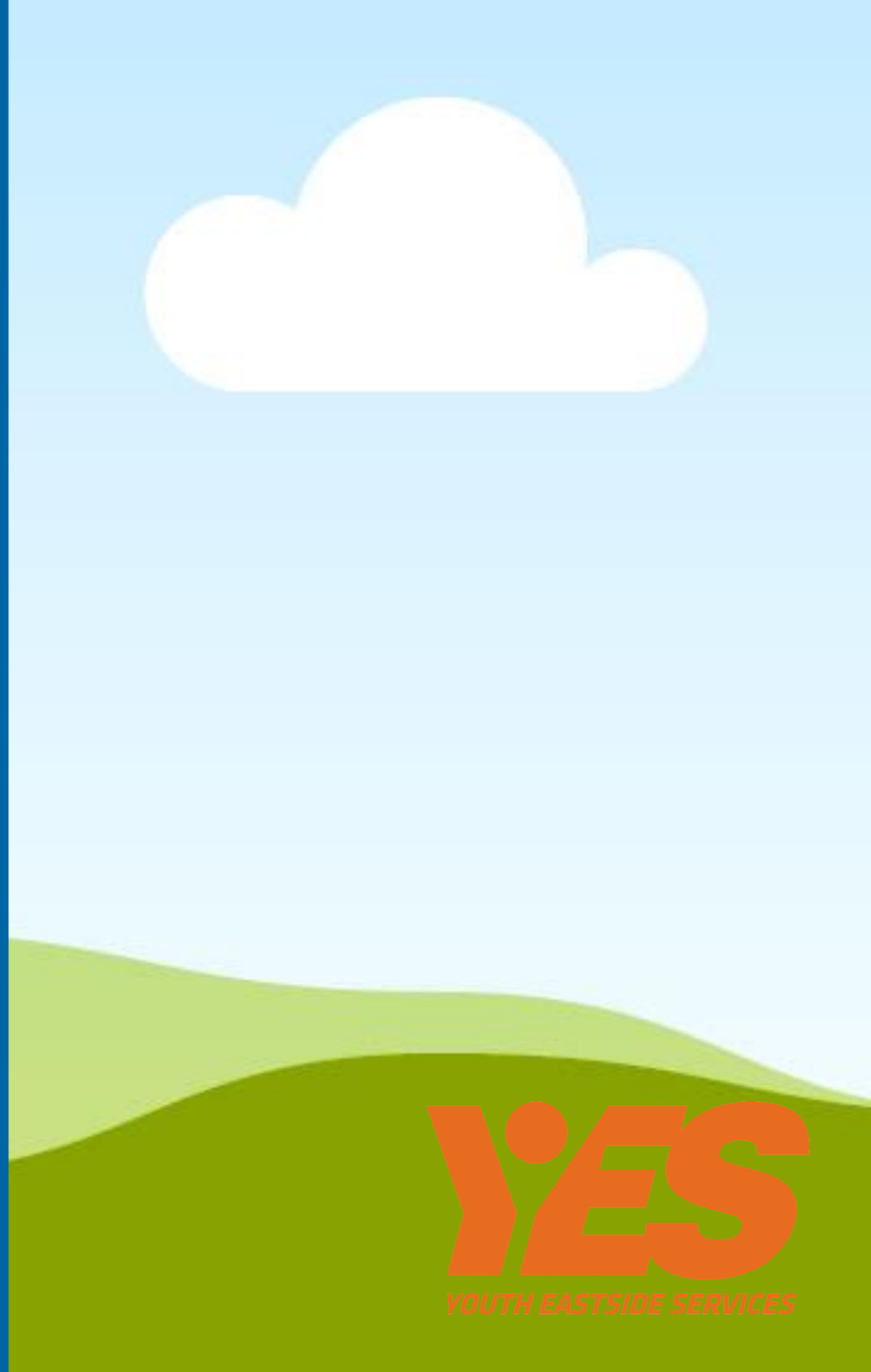
Today's Agenda

- Mindfulness
- Emotion Regulation
- Check the Facts
- Opposite Action
- At Home Practice
- Q&A

Week 10 of 16 Week Series
June 17th 2021



Your Toolbox:

Mindfulness

- Thinking Dialectically
- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-Mindfully
- Effectively

Distress Tolerance

- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- Pros & Cons
- Radical Acceptance

Emotional Regulation

- Functions of Emotions
- Describing Emotions
- ★ Check the Facts
- ★ Opposite Action

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Mindfulness

Let's Practice

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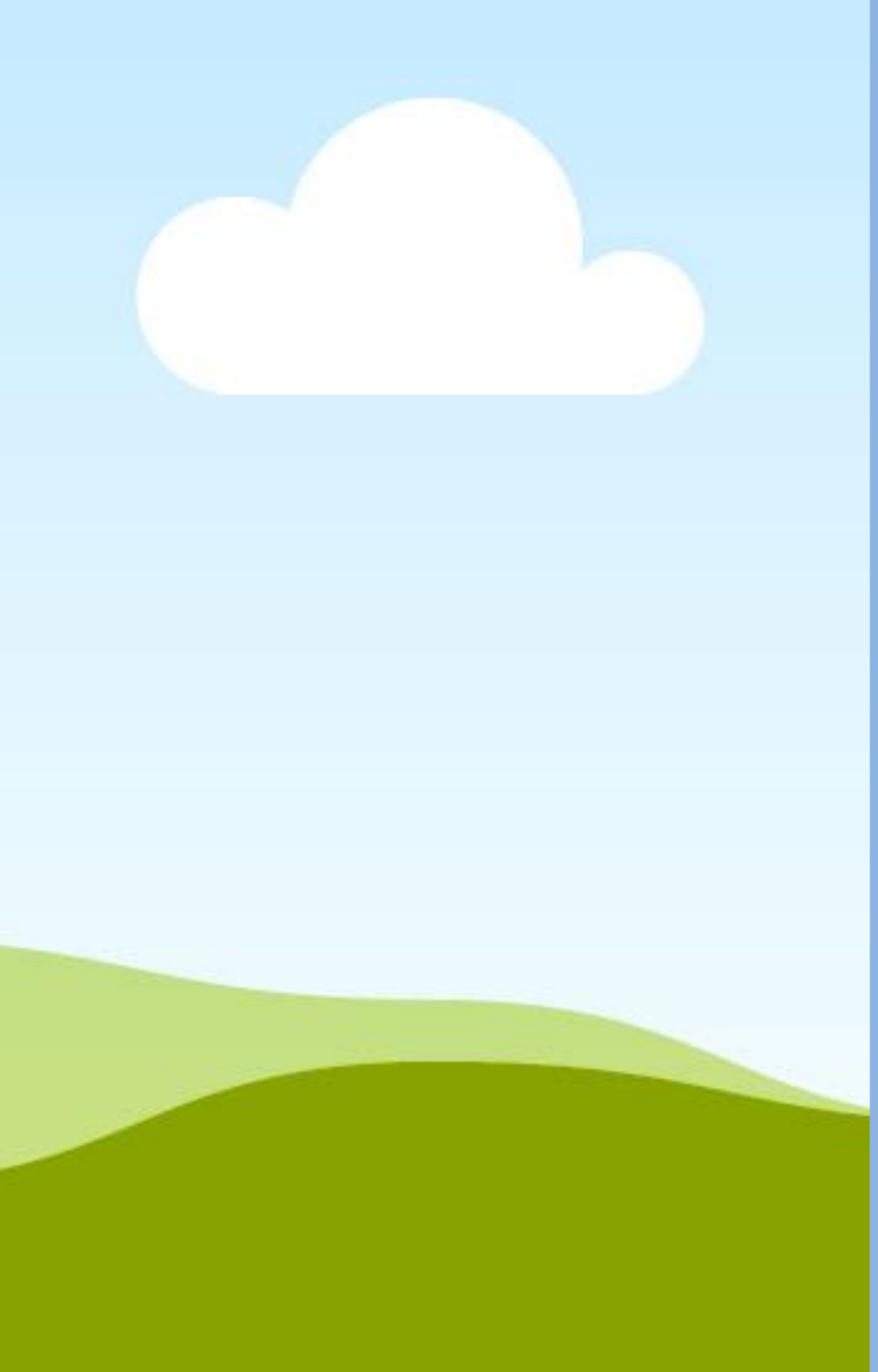

Components of Emotion

- Last time, we learned about the model of emotion and if we change one component, we can change the entire response.

- For example, if we choose a different action, we can change the consequences, which changes the next prompting event

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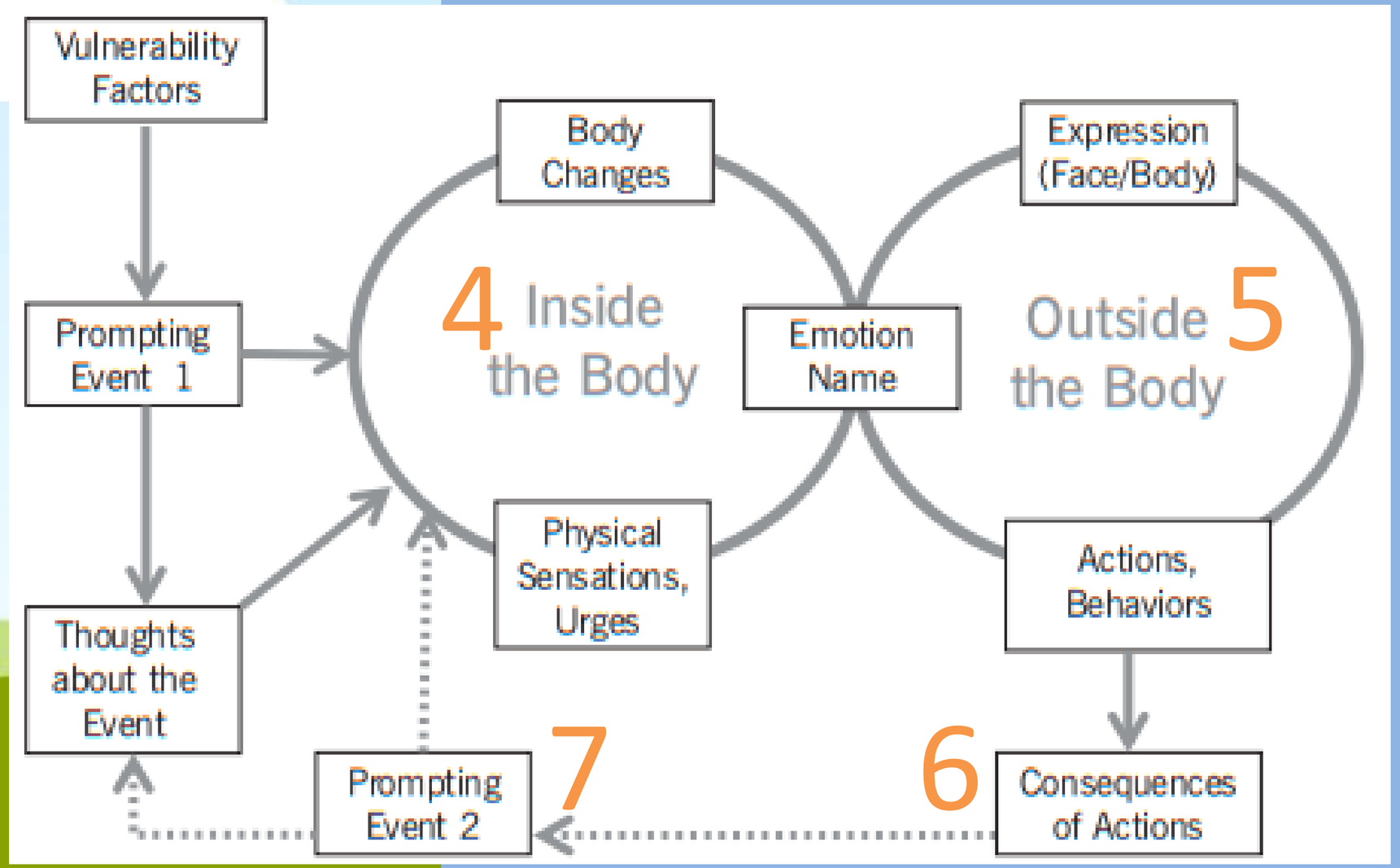
DBT's Model of Emotions



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Let's make how we can impact this model more specific!

- Checking the Facts (#3):
  - Do our interpretations match the reality of the situation?
- Opposite Action (#5):
  - Changing our behavior can change our emotions

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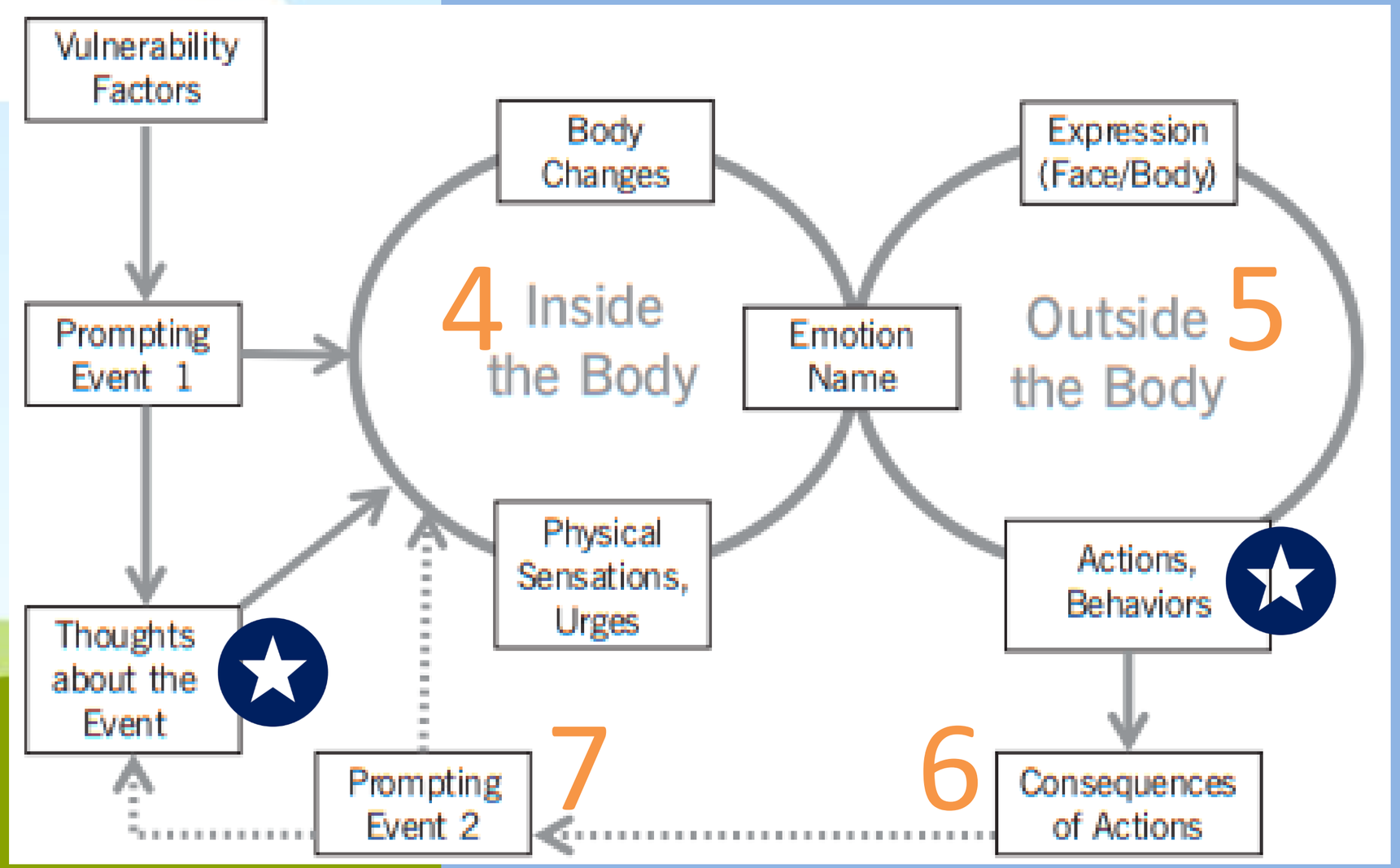
DBT's Model of Emotions



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Here are the FACTS!

- Many emotions and actions are set off by our thoughts and interpretations of events, but not by the events themselves!

- **Event → Thoughts → Emotion**

- Our emotions can also have a big effect on our thoughts about events!

- **Event → Emotion → Thoughts**

Example 1:

Your friend Antonio walked past you in the hall and did not say hi **(fact)**.

- This must mean he was mad at you
  - **(interpretation 1; emotions: anger, feeling rejected)**.
- Or he was feeling sick and going to the nurse's office
  - **(interpretation 2; emotion: worry)**.

When you see Antonio later, you ask him why he didn't say hi, and he says he did not see you because he was focusing on preparing for a test he was about to take next period

- **(fact; emotion: minimal or no emotional response)**.

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Example 2:

Your mother tells you to wait a minute while she is talking to your brother before you can share some great news with her, and then she doesn't come back to talk to you **(fact)**.

- Therefore, she doesn't really care about how you are doing and what's important to you
  - **(interpretation 1; emotions: anger, feeling rejected, envy)**
- Or there must be something wrong with your brother that she had to attend to.
  - **(interpretation 2; emotion: worry, fear)**

You find out later that your mother ran into the kitchen because she remembered she had water boiling on the stove

- **(fact; emotion: disappointment, no other emotional response).**

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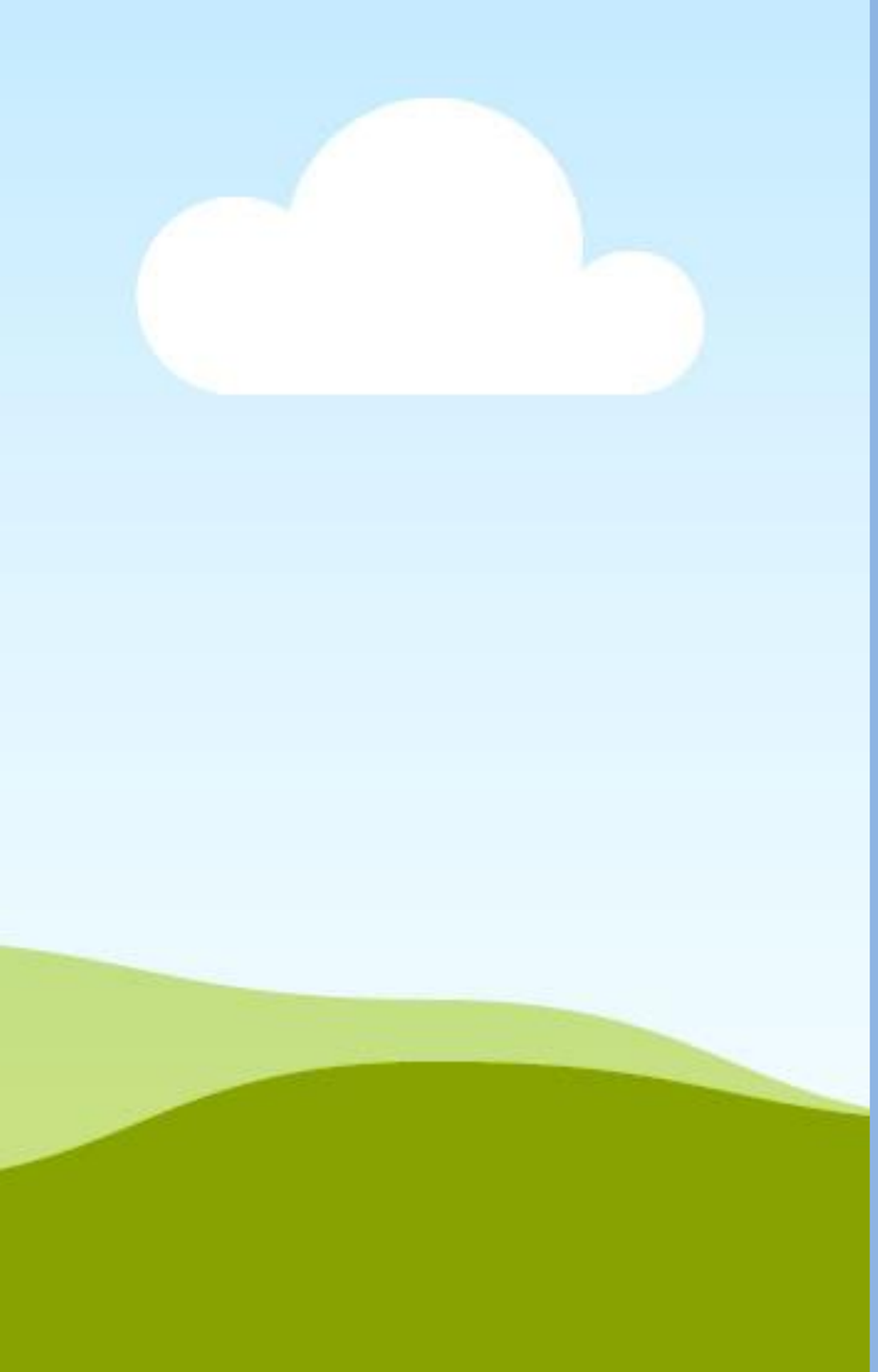

Three Steps to "Check the Facts"

1. **Ask: "What is the emotion I want to change?"**

   We have to know what we are feeling...

2. **Ask: "What is the event prompting my emotion?**

   Challenge judgements, extremes, and black and white thinking. Describe the facts you observe through your senses.

3. **Ask: "Am I interpreting the situation correctly?"**

   Are there other interpretations?

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Additional Questions:

- **"Am I thinking in extremes (all or nothing, catastrophic thinking)?**

  If so, think of as many other possible outcomes as you can.

- **"What is the likelihood of the worst thing happening?"**

  Try to come up with a percentage estimate for the "worst thing"

- **"Even if the worst were to happen, can I imagine coping well with it?"**

  Imagine saying, "So what?"

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Every Emotion Has a Function

Fear.....	Alerts you to danger > escape or avoid
Anger.....	Alerts you to a blocked goal > attack
Sadness.....	Alerts you that something is lost > withdraw
Guilt.....	Alerts that you have acted against your values > hide, ask for forgiveness, overpromise

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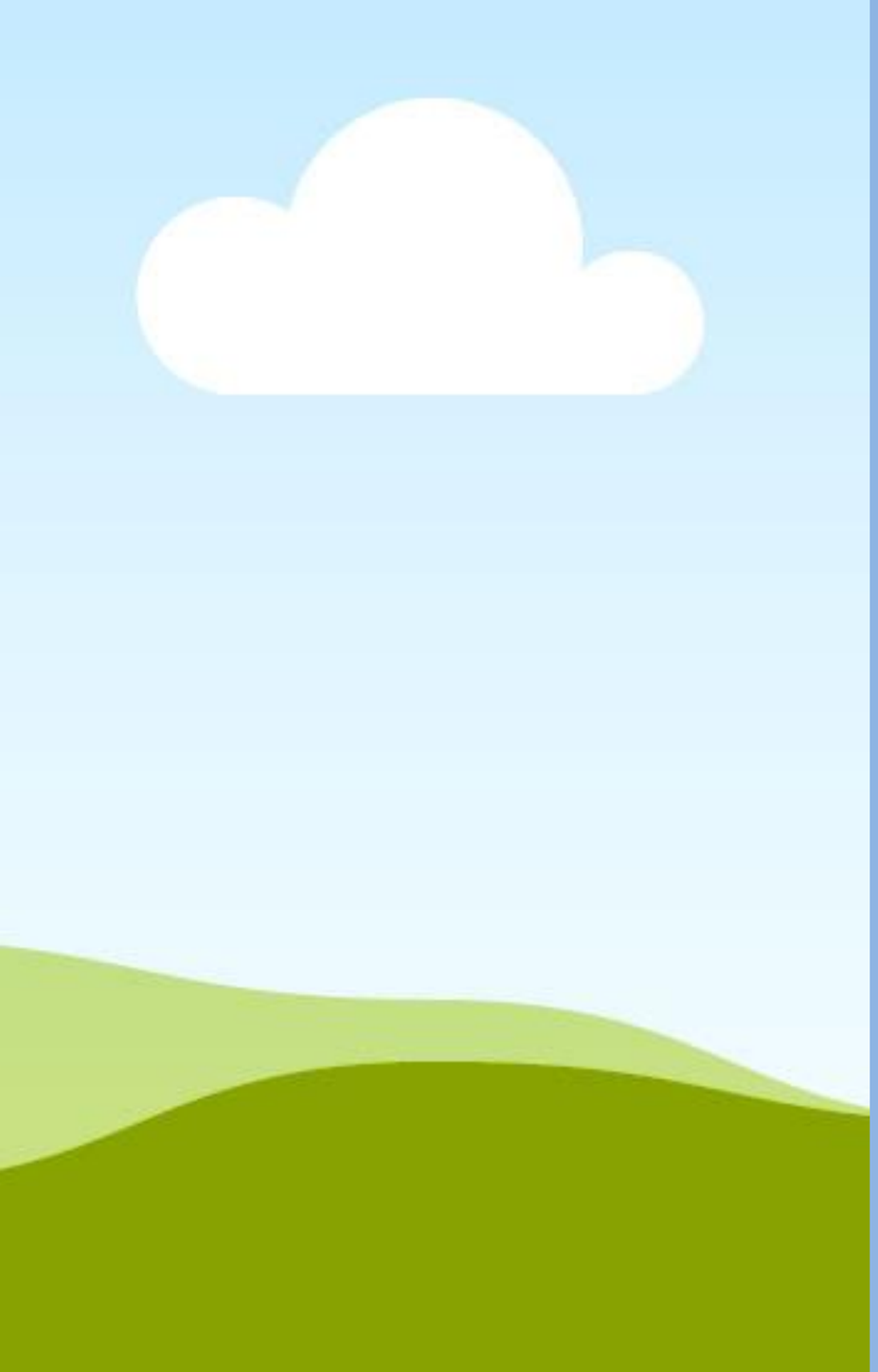

Every emotion has an action urge, and by changing our behaviors, we can also change our emotions...

This is "opposite action".

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Acting Opposite = acting opposite to the action urge when the emotion is doing more harm than good...

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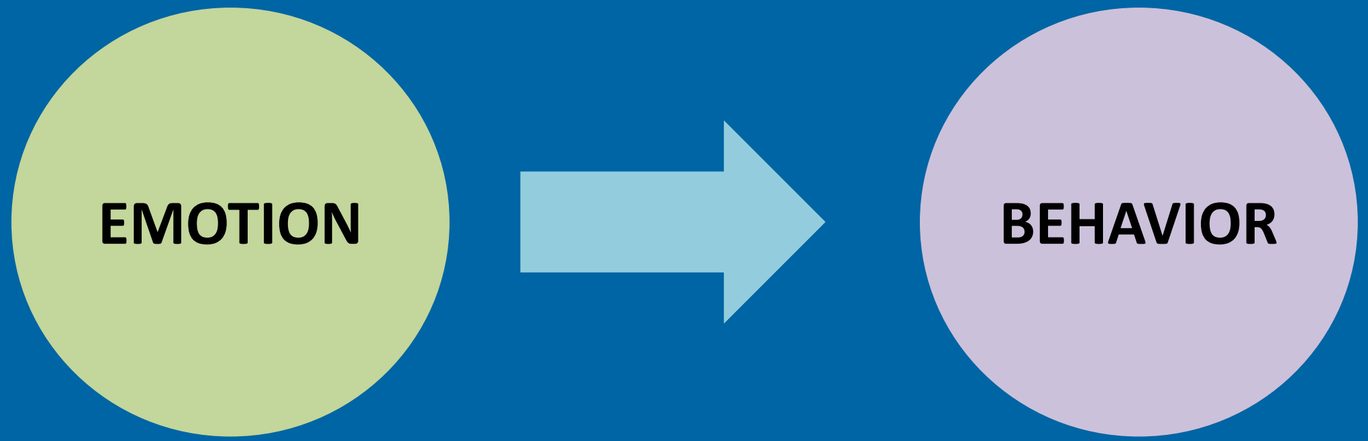

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Fear/anxiety → Approach

- Approach events, places, tasks, activities, or people you are afraid of, over and over. Confront.
- Do things to increase a sense of control and mastery over fears.

Anger → Gently Avoid

- Gently avoid the person you are angry with (rather than attacking).
- Take time out and breathe in and out deeply and slowly.
- Be kind rather than mean or attacking (try to have sympathy or empathy for the other person)

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Sadness → Get active

- Approach, don’t avoid.
- Build mastery and increase pleasant activities.

Jealousy → Let go of controlling others’ actions
(when it does not fit the facts or is not effective).

- Stop spying or snooping.
- Relax your face and body.

Love → Stop expressing love (when it does not fit the facts or is not effective) (e.g., the relationship is truly over, not accessible, or abusive).

- Avoid the person, and distract yourself from thoughts of the person.
- Remind yourself of why love does not fit the facts, and rehearse the “cons” of loving this person.
- Avoid contact with things that remind you of the person (e.g., pictures).

Opposite Action Works Best...

When the emotion DOES NOT fit the facts

- Doesn't fit the facts of the situation*: terror to speaking in public*
- The intensity or duration isn't effective for reaching your goals*: anger at traffic in the morning, impacts your mood in an important meeting with your boss in the afternoon*

It is done ALL THE WAY

- Opposite behavior
- Opposite words and thinking
- Opposite facial expression, voice tone, and posture

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Seven Steps of Opposite Action

1. Figure out the emotion you are feeling.

2. What is the action urge that goes with the emotion?

3. Ask yourself: “Does the emotion fit the facts in this situation?

If yes, will acting on the emotion’s urge be effective?”

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Seven Steps of Opposite Action

4. Ask yourself: “Do I want to change the emotion?”

5. If yes, figure out the opposite action.

6. Do the opposite action—all the way.

7. Repeat acting opposite until the emotion goes down enough for you to notice.

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At Home Practice:

Emotion Name: _____
Intensity (0-5) BEFORE: _____ AFTER:_____

Step 1: What is the emotion I want to change?

Step 2: Describe the prompting event: Who did what to whom? What led up to what? What is it about this event that is a problem for me?

Step 3: Am I interpreting the situation correctly? Are there other possible interpretations?

- Am I thinking in extremes?
- What is the likelihood of the worst thing happening? And if that happens, can I imagine coping well with it?

At Home Practice:

Do my emotion and its intensity fit the facts?

- 0 = not at all
- 5 = I am certain

Describe what you did to check the facts.

Observe and describe the emotion:

What is the current emotion you are having?

What is your action urge?

Do opposite action ALL THE WAY

How do you feel after acting opposite to your emotion?

Questions?
Comments?

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thank you

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