

**Toolbox Handout 12: The Wave Skill**



**When might you use your Distress Tolerance Skills, versus your Emotion Regulation Skills?**

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**Self-Reflection: How often do you let yourself just sit with uncomfortable emotions? How does this go?**

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**Describe what it means/what you do to Ride the Emotion Wave**

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**How does mindfully Observing and Describing help with the Wave Skill?**

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**Give some examples of the Physical Sensations you experience with each of the below emotions:**

**Joy:**

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**Anger:**

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**Sadness:**

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**Anxiousness**

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**Name any one skill you can use to address each component of our Model of Emotions:**

**Prompting Event 1** \_\_\_\_\_

**Vulnerability Factors** \_\_\_\_\_

**Interpretation of Event** \_\_\_\_\_

**Inside the Body** \_\_\_\_\_

**Outside the Body** \_\_\_\_\_

**Consequences of Reaction** \_\_\_\_\_

**Prompting Event 2** \_\_\_\_\_

----- **At Home Practice:** -----

**In the moment Practice:**

**Find a partner who you are comfortable with, and hold direct Eye Contact with this person for 60-120 seconds.**

Notice the physical sensations that arise within your body (e.g. to look away or laugh), and challenge yourself to Surf the Urge and Ride the Wave.

**Reflect on this experience, recall the urges, thoughts, sensations that you noticed, and how you resisted acting on them, or how you observed your emotions coming and going:**

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**Reflective Practice:**

**Choose a situation from your week that prompted an emotional response, and describe it below:**

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**From the below list, check off any of the following steps you took to Ride the Wave**

- Stepped back and observed the emotion
- Experienced the emotions as WAVES, coming and going
- Noticed where in your body you were feeling the emotional sensations
- Paid attention to the physical sensations of the emotions, as much as I could
- Just noticed the urge to act that went with an emotion
- Got yourself to avoid acting on the emotion
- Reminded yourself of times when you have felt differently
- Let go of judgements about your emotion
- Practiced Radically Accepting your emotion
- Tried to love your emotion by “naming it and inviting it home for dinner”
- Practiced willingness to have unwelcome emotions

**Of the steps you did take – how did this effect your experience?**

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**Of the steps you didn't take – are there any you want to try next time?**

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