

Emotional Regulation: ABC PLEASE

adapted from a concept by Marsha Linehan

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Emotional Regulation isn't about controlling your emotions. There is no such thing as a "wrong" or "bad" feeling. Feelings are what they are. What may be less productive is how we choose to respond to our feelings. If we react to our emotions while in Emotional Mind, we tend to get negative consequences. If, however, we can respond proactively to our feelings from Wise Mind, we tend to get more productive consequences. This ABC PLEASE activity sheet will help you to build the skills that will enable you to respond to your emotions more wisely.

INSTRUCTIONS

Use the outline below to practice Emotional Regulation using ABC PLEASE. Then on the next page use the form to brainstorm some possible ways to use ABC PLEASE to build your Emotional Regulation skills. Write them down and practice them to gain experience using the skills.

- A** Accumulate positive emotions by engaging in pleasant activities.
- B** Build mastery by doing things you enjoy, building positive emotions.
- C** Cope ahead by making plans ahead of time to deal with unpleasant emotions.

- P**
L Treat physical illness and take all medications as prescribed.
- E** Balance eating a healthy diet to avoid mood swings.
- A** Avoid using substances to manage moods.
- S** Maintain good sleep habits.
- E** Exercise regularly to elevate mood.

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A Accumulate positive emotions by...

B Build mastery by...

C Cope ahead by...

P

Treat **p**hysical illness by...

L

E Balance **e**ating by...

A Avoid using substances by...

S Maintain good **s**leep habits by...

E Exercise by...