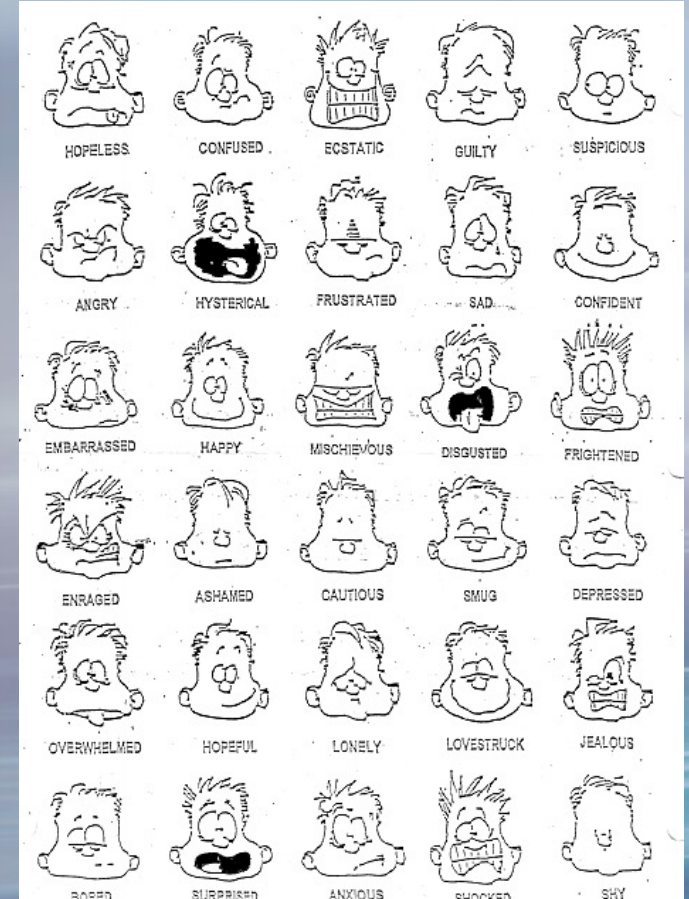


# The Basics of Emotional Regulation: Understanding and Teaching Emotion Regulation Skills

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# What is an Emotion?

**Emotion:** a physiological response to an internal/external prompting event

## **Functions of Emotions:**

- Motivate and organize us for action
- Communicate to and influence others
- Communicate to ourselves or can be self-validating

## **What makes it hard to regulate our emotions:**

- Biology
  - Lack of skills
  - Reinforcement of emotional behavior
  - Moodiness
  - Emotional overload
  - Emotion Myths
- 



## Purpose of Emotions

### **Anger → CHANGE**

Ex: MADD (Mothers Against Drunk Driving) mission is to end drunk driving, help fight drugged driving, support the victims of these violent crimes and prevent underage drinking

### **Fear → SAFETY/PROTECTION**

Ex: Being in the same/similar situation where you have been threatened or gotten hurt in the past, or where painful things have happened

### **Sad → CONNECTION**

Ex: Being quarantined from our family and relatives who we love makes us sad, so we problem solve the situation by scheduling FaceTime with them every Tuesday, sending them postcards etc.

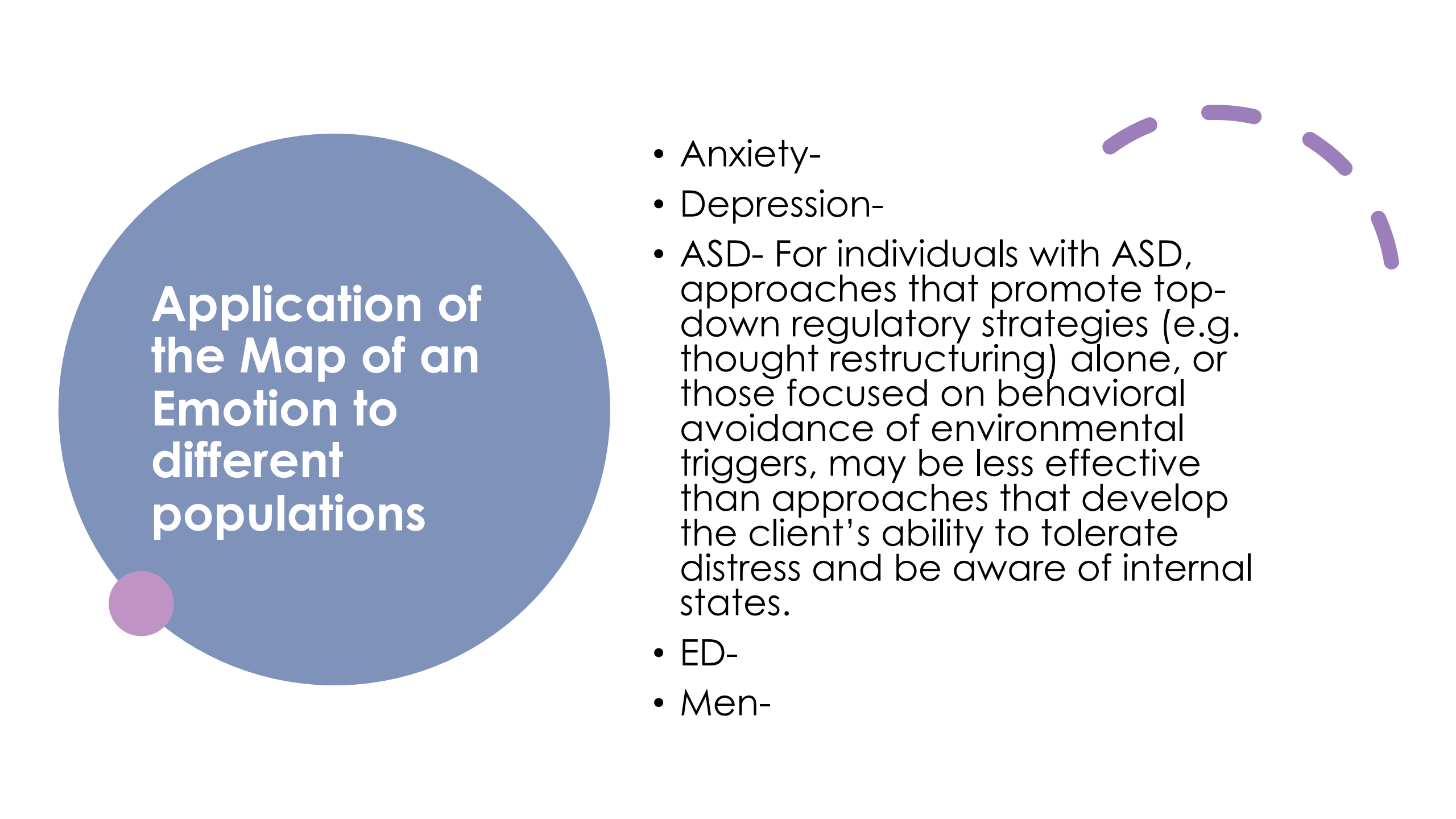


What makes up an  
Emotion?





# Teaching Emotional Regulation



## Application of the Map of an Emotion to different populations

- Anxiety-
- Depression-
- ASD- For individuals with ASD, approaches that promote top-down regulatory strategies (e.g. thought restructuring) alone, or those focused on behavioral avoidance of environmental triggers, may be less effective than approaches that develop the client's ability to tolerate distress and be aware of internal states.
- ED-
- Men-

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