

# EMOTION REGULATION HANDOUT 14

(Emotion Regulation Worksheets 9–14b)

## Overview: Reducing Vulnerability to Emotion Mind— Building a Life Worth Living

A way to remember these skills is to remember the term **ABC PLEASE**.

### ACCUMULATE POSITIVE EMOTIONS

**A**

**Short Term:** Do pleasant things that are possible now.

**Long Term:** Make changes in your life so that positive events will happen more often in the future. Build a “life worth living.”

### BUILD MASTERY

**B**

Do things that make you feel competent and effective to combat helplessness and hopelessness.

### COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS

**C**

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

### TAKE CARE OF YOUR MIND BY TAKING CARE OF YOUR BODY

**PLEASE**

Treat Physical illness, balance Eating, avoid mood-Altering substances, balance Sleep, and get Exercise.

# EMOTION REGULATION HANDOUT 15



(Emotion Regulation Worksheets 9, 10, 13)

## Accumulating Positive Emotions: Short Term

Accumulate positive emotions in the short term by doing these things.

### **BUILD POSITIVE EXPERIENCES NOW**

- INCREASE PLEASANT EVENTS that lead to positive emotions.
- Do ONE THING each day from the Pleasant Events List.  
(See *Emotion Regulation Handout 16.*)
- Practice opposite action; AVOID AVOIDING.
- BE MINDFUL of pleasant events (no multitasking).

### **BE MINDFUL OF POSITIVE EXPERIENCES**

- FOCUS your attention on positive moments when they are happening.  
No multitasking.
- REFOCUS your attention when your mind wanders to the negative.
- PARTICIPATE and ENGAGE fully in each experience.

### **BE UNMINDFUL OF WORRIES**

Such as . . .

- When the positive experience will end.
- Whether you deserve this positive experience.
- How much more might be expected of you now.



## Pleasant Events List

1.  Working on my car
2.  Planning a career
3.  Getting out of (paying down) debt
4.  Collecting things (baseball cards, coins, stamps, rocks, shells, etc.)
5.  Going on vacation
6.  Thinking how it will be when I finish school
7.  Recycling old items
8.  Going on a date
9.  Relaxing
10.  Going to or watching a movie
11.  Jogging, walking
12.  Thinking, "I have done a full day's work"
13.  Listening to music
14.  Thinking about past parties
15.  Buying household gadgets
16.  Lying in the sun
17.  Planning a career change
18.  Laughing
19.  Thinking about past trips
20.  Listening to other people
21.  Reading magazines or newspapers
22.  Engaging in hobbies (stamp collecting, model building, etc.)
23.  Spending an evening with good friends
24.  Planning a day's activities
25.  Meeting new people
26.  Remembering beautiful scenery
27.  Saving money
28.  Going home from work
29.  Eating
30.  Practicing karate, judo, yoga
31.  Thinking about retirement
32.  Repairing things around the house
33.  Working on machinery (cars, boats, etc.)
34.  Remembering the words and deeds of loving people
35.  Wearing shocking clothes
36.  Having quiet evenings
37.  Taking care of my plants
38.  Buying, selling stock
39.  Going swimming
40.  Doodling
41.  Exercising
42.  Collecting old things
43.  Going to a party
44.  Thinking about buying things
45.  Playing golf
46.  Playing soccer
47.  Flying kites
48.  Having discussions with friends
49.  Having family get-togethers
50.  Riding a bike or motorbike
51.  Running track
52.  Going camping
53.  Singing around the house
54.  Arranging flowers
55.  Practicing religion (going to church, group praying, etc.)
56.  Organizing tools
57.  Going to the beach
58.  Thinking, "I'm an OK person"
59.  Having a day with nothing to do
60.  Going to class reunions
61.  Going skating, skateboarding, rollerblading
62.  Going sailing or motorboating
63.  Traveling or going on vacations
64.  Painting
65.  Doing something spontaneously
66.  Doing needlepoint, crewel, etc.
67.  Sleeping
68.  Driving
69.  Entertaining, giving parties
70.  Going to clubs (garden clubs, Parents without Partners, etc.)
71.  Thinking about getting married
72.  Going hunting

**(continued on next page)**

*Note.* For adults or adolescents. Adapted from Linehan, M. M., Sharp, E., & Ivanoff, A. M. (1980, November). *The Adult Pleasant Events Schedule*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York. Adapted by permission of the authors.

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- 73.  Singing with groups
- 74.  Flirting
- 75.  Playing musical instruments
- 76.  Doing arts and crafts
- 77.  Making a gift for someone
- 78.  Buying/downloading music
- 79.  Watching boxing, wrestling
- 80.  Planning parties
- 81.  Cooking
- 82.  Going hiking
- 83.  Writing (books, poems, articles)
- 84.  Sewing
- 85.  Buying clothes
- 86.  Going out to dinner
- 87.  Working
- 88.  Discussing books; going to a book club
- 89.  Sightseeing
- 90.  Getting a manicure/pedicure or facial
- 91.  Going to the beauty parlor
- 92.  Early morning coffee and newspaper
- 93.  Playing tennis
- 94.  Kissing
- 95.  Watching my children (play)
- 96.  Thinking, "I have a lot more going for me than most people"
- 97.  Going to plays and concerts
- 98.  Daydreaming
- 99.  Planning to go (back) to school
- 100.  Thinking about sex
- 101.  Going for a drive
- 102.  Refinishing furniture
- 103.  Watching TV
- 104.  Making lists of tasks
- 105.  Walking in the woods (or at the waterfront)
- 106.  Buying gifts
- 107.  Completing a task
- 108.  Going to a spectator sport (auto racing, horse racing)
- 109.  Teaching
- 110.  Photography
- 111.  Going fishing
- 112.  Thinking about pleasant events
- 113.  Staying on a diet
- 114.  Playing with animals
- 115.  Flying a plane
- 116.  Reading fiction
- 117.  Acting
- 118.  Being alone
- 119.  Writing diary entries or letters
- 120.  Cleaning
- 121.  Reading nonfiction
- 122.  Taking children places
- 123.  Dancing
- 124.  Weightlifting
- 125.  Going on a picnic
- 126.  Thinking, "I did that pretty well," after doing something
- 127.  Meditating, yoga
- 128.  Having lunch with a friend
- 129.  Going to the mountains
- 130.  Playing hockey
- 131.  Working with clay or pottery
- 132.  Glass blowing
- 133.  Going skiing
- 134.  Dressing up
- 135.  Reflecting on how I've improved
- 136.  Buying small things for myself (perfume, golf balls, etc.)
- 137.  Talking on the phone
- 138.  Going to museums
- 139.  Thinking religious thoughts
- 140.  Lighting candles
- 141.  White-water canoeing/rafting
- 142.  Going bowling
- 143.  Doing woodworking
- 144.  Fantasizing about the future
- 145.  Taking ballet/tap-dancing classes
- 146.  Debating
- 147.  Sitting in a sidewalk café
- 148.  Having an aquarium
- 149.  Participating in "living history" events
- 150.  Knitting
- 151.  Doing crossword puzzles
- 152.  Shooting pool
- 153.  Getting a massage
- 154.  Saying, "I love you"
- 155.  Playing catch, taking batting practice
- 156.  Shooting baskets
- 157.  Seeing and/or showing photos
- 158.  Thinking about my good qualities
- 159.  Solving riddles mentally
- 160.  Having a political discussion
- 161.  Buying books

*(continued on next page)*

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- 162.  Taking a sauna or a steam bath
- 163.  Checking out garage sales
- 164.  Thinking about having a family
- 165.  Thinking about happy moments in my childhood
- 166.  Splurging
- 167.  Going horseback riding
- 168.  Doing something new
- 169.  Working on jigsaw puzzles
- 170.  Playing cards
- 171.  Thinking, "I'm a person who can cope"
- 172.  Taking a nap
- 173.  Figuring out my favorite scent
- 174.  Making a card and giving it to someone I care about
- 175.  Instant-messaging/texting someone
- 176.  Playing a board game (e.g., Monopoly, Life, Clue, Sorry)
- 177.  Putting on my favorite piece of clothing
- 178.  Making a smoothie and drinking it slowly
- 179.  Putting on makeup
- 180.  Thinking about a friend's good qualities
- 181.  Completing something I feel great about
- 182.  Surprising someone with a favor
- 183.  Surfing the Internet
- 184.  Playing video games
- 185.  E-mailing friends
- 186.  Going walking or sledding in a snowfall
- 187.  Getting a haircut
- 188.  Installing new software
- 189.  Buying a CD or music on iTunes
- 190.  Watching sports on TV
- 191.  Taking care of my pets
- 192.  Doing volunteer service
- 193.  Watching stand-up comedy on YouTube
- 194.  Working in my garden
- 195.  Participating in a public performance (e.g., a flash mob)
- 196.  Blogging
- 197.  Fighting for a cause
- 198.  Conducting experiments
- 199.  Expressing my love to someone
- 200.  Going on field trips, nature walks, exploring (hiking away from known routes, spelunking)
- 201.  Gathering natural objects (wild foods or fruit, driftwood)
- 202.  Going downtown or to a shopping mall
- 203.  Going to a fair, carnival, circus, zoo, or amusement park
- 204.  Going to the library
- 205.  Joining or forming a band
- 206.  Learning to do something new
- 207.  Listening to the sounds of nature
- 208.  Looking at the moon or stars
- 209.  Outdoor work (cutting or chopping wood, farm work)
- 210.  Playing organized sports (baseball, softball, football, Frisbee, handball, paddleball, squash, soccer, tennis, volleyball, etc.)
- 211.  Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
- 212.  Protesting social, political, or environmental conditions
- 213.  Reading cartoons or comics
- 214.  Reading sacred works
- 215.  Rearranging or redecorating my room or the house
- 216.  Selling or trading something
- 217.  Snowmobiling or riding a dune buggy/ATV
- 218.  Social networking
- 219.  Soaking in the bathtub
- 220.  Learning or speaking a foreign language
- 221.  Talking on the phone
- 222.  Composing or arranging songs or music
- 223.  Thrift store shopping
- 224.  Using computers
- 225.  Visiting people who are sick, shut in, or in trouble

Other: \_\_\_\_\_

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