EMOTION REGULATION HANDOUT 6 (Emotion Regulation Worksheets 4, 4a) (p. 1 of 10)

Ways to Describe Emotions

ANGER WORDS

anger bitterness fury indignation vengefulness
aggravation exasperation grouchiness irritation wrath
agitation ferocity grumpiness outrage
annoyance frustration hostility rage

Prompting Events for Feeling Anger

• Having an important goal blocked.
• You or someone you care about being attacked or threatened by others.
• Losing power, status, or respect.
• Not having things turn out as expected.
• Physical or emotional pain.
• Other: ___________________

Interpretations of Events That Prompt Feelings of Anger

• Believing that you have been treated unfairly.
• Blaming.
• Believing that important goals are being blocked or stopped.
• Believing that things “should” be different than they are.
• Rigidly thinking, “I’m right.”
• Judging that the situation is illegitimate or wrong.
• Ruminating about the event that set off the anger in the first place.
• Other: ___________________

Biological Changes and Experiences of Anger

• Muscles tightening.
• Teeth clamping together.
• Hands clenching.
• Feeling your face flush or get hot.
• Feeling like you are going to explode.
• Being unable to stop tears.
• Wanting to hit someone, bang the wall, throw something, blow up.
• Wanting to hurt someone.
• Other: ___________________

Expressions and Actions of Anger

• Physically or verbally attacking.
• Making aggressive or threatening gestures.
• Pounding, throwing things, breaking things.
• Walking heavily, stomping, slamming doors.
• Walking out.
• Using a loud, quarrelsome, or sarcastic voice.
• Using obscenities or swearing.
• Criticizing or complaining.
• Clenching your hands or fists.
• Frowning, not smiling, mean expression.
• Brooding or withdrawing from others.
• Crying.
• Grinning.
• A red or flushed face.
• Other: ___________________

Aftereffects of Anger

• Narrowing of attention.
• Attending only to the situation that’s making you angry.
• Ruminating about the situation making you angry or about situations in the past.
• Imagining future situations that will make you angry.
• Depersonalization, dissociative experiences, numbness.
• Other: ___________________


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DISGUST WORDS

disgust  aversion  dislike  distaste  repugnance  resentment  sickened
abhorrance  condescension  derision  disdain  hate  repelled  revoluted  spite
antipathy  contempt  disdain  loathing  repulsion  scorn  vile

Prompting Events for Feeling Disgust

• Seeing/smelling human or animal waste products.
• Having a person or an animal that is dirty, slimy, or unclean come close to you.
• Tasting something or being forced to swallow something you really don’t want.
• Seeing or being near a dead body.
• Touching items worn or owned by a stranger, dead person, or disliked person.
• Observing or hearing about a person who grovels or who strips another person of dignity.
• Seeing blood; getting blood drawn.
• Observing or hearing about a person acting with extreme hypocrisy/fawning.
• Observing or hearing about betrayal, child abuse, racism, or other types of cruelty.
• Being forced to watch something that deeply violates your own Wise Mind values.
• Being confronted with someone who is deeply violating your own Wise Mind values.
• Being forced to engage in or watch unwanted sexual contact.
• Other:

Interpretations of Events That Prompt Feelings of Disgust

• Believing that:
  • You are swallowing something toxic.
  • Your skin or your mind is being contaminated.
  • Your own body or body parts are ugly.
  • Others are evil or the “scum” of the earth, or that they disrespect authority or the group.
  • Other:
  • Disapproving of/feeling morally superior to another.
  • Extreme disapproval of yourself or your own feelings, thoughts, or behaviors.
  • Judging that a person is deeply immoral or has sinned or violated the natural order of things.
  • Judging someone’s body as extremely ugly.
  • Other:

Biological Changes and Experiences of Disgust

• Feelings of nausea; sick feeling.
• Urge to vomit, vomiting, gagging, choking.
• Having a lump in your throat.
• Aversion to drinking or eating.
• Intense urge to destroy or get rid of something.
• Urge to take a shower.
• Urge to run away or push away.
• Feeling contaminated, dirty, unclean.
• Feeling mentally polluted.
• Fainting.
• Other:

Expressions and Actions of Disgust

• Vomiting, spitting out.
• Closing your eyes, looking away.
• Washing, scrubbing, taking a bath.
• Changing your clothes; cleaning spaces.
• Avoiding eating or drinking.
• Pushing or kicking away; running away.
• Treating with disdain or disrespect.
• Stepping over; crowding another person out.
• Physically attacking causes of your disgust.
• Using obscenities or cursing.
• Clenching your hands or fists.
• Frowning, or not smiling.
• Mean or unpleasant facial expression.
• Speaking with a sarcastic voice tone.
• Nose and top lip tightened up; smirking.
• Other:

Aftereffects of Disgust

• Narrowing of attention.
• Ruminating about the situation that’s making you feel disgusted.
• Becoming hypersensitive to dirt.
• Other:

(continued on next page)
ENVY WORDS

- envy
- craving
- bitterness
- discontented
- covetous
- disgruntled
- displeased
- dissatisfied
- "green-eyed"
- greedy
- pettiness
- resentment
- longing
- wishful

Prompting Events for Feeling Envy

- Someone has something you really want or need but don’t or can’t have.
- You are not part of the “in” crowd.
- Someone appears to have everything.
- You are alone while others are having fun.
- Someone else gets credit for what you’ve done.
- Someone gets positive recognition for something and you don’t.
- Others get something you really want and you don’t get it.
- Being around people who have more than you have.
- Someone you are competing with is more successful than you in an area important to you.
- Other: ____________________________

Interpretations of Events That Prompt Feelings of Envy

- Thinking you deserve what others have.
-Thinking others have more than you.
- Thinking about how unfair it is that you have such a bad lot in life compared to others.
- Thinking you have been treated unfairly by life.
- Thinking you are unlucky.
- Thinking you are inferior, a failure, or mediocre in comparison to others whom you want to be like.
- Comparing yourself to others who have more than you.
- Comparing yourself to people who have characteristics that you wish you had.
- Thinking you are unappreciated.
- Other: ____________________________

Biological Changes and Experiences of Envy

- Muscles tightening.
- Teeth clamping together, mouth tightening.
- Feeling your face flush or get hot.
- Feeling rigidity in your body.
- Pain in the pit of the stomach.
- Having an urge to get even.
- Hating the other person.
- Wanting to hurt the people you envy.
- Wanting the person or people you envy to lose what they have, to have bad luck, or to be hurt.
- Feeling pleasure when others experience failure or lose what they have.
- Feeling unhappy if another person experiences some good luck.
- Feeling motivated to improve yourself.
- Other: ____________________________

Expressions and Actions of Envy

- Doing everything you can to get what the other person has.
- Doing something to make the other person fail or lose what he or she has.
- Working a lot harder than you were to get what you want.
- Saying mean things about the other person or making the person look bad to others.
- Trying to improve yourself and your situation.
- Trying to show the other person up, to look better than the other person.
- Taking away or ruining what the other person has.
- Avoiding persons who have what you want.
- Other: ____________________________

Aftereffects of Envy

- Narrowing of attention.
- Attending only to what others have that you don’t.
- Ruminating when others have had more than you.
- Discounting what you do have; not appreciating things you have or things others do for you.
- Ruminating about what you don’t have.
- Making resolutions to change.
- Other: ____________________________

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FEAR WORDS

fear  dread  horror  nervousness  shock  uneasiness
anxiety  edginess  hysteria  overwhelmed  tenseness  worry
apprehension  fright  jumpiness  panic  terror

Prompting Events for Feeling Fear

- Having your life, your health, or your well-being threatened.
- Being in the same situation (or a similar one) where you have been threatened or gotten hurt in the past, or where painful things have happened.
- Flashbacks.
- Being in situations where you have seen others threatened or be hurt.
- Silence.
- Being in a new or unfamiliar situation.
- Being alone (e.g., walking alone, being home alone, living alone).
- Being in the dark.
- Being in crowds.
- Leaving your home.
- Having to perform in front of others.
- Pursuing your dreams.
- Other: ______________________________________

Interpretations of Events That Prompt Feelings of Fear

- Believing that:
  - You might die, or you are going to die.
  - You might be hurt or harmed.
  - You might lose something valuable.
  - Someone might reject, criticize, or dislike you.
  - You will embarrass yourself.
  - Failure is possible; expecting to fail.
  - Believing that:
    - You will not get help you want or need.
    - You might lose help you already have.
    - You might lose someone important.
    - You might lose something you want.
    - You are helpless or are losing a sense of control.
    - You are incompetent or are losing mastery.
    - Other: ______________________________________

Biological Changes and Experiences of Fear

- Breathlessness.
- Fast heartbeat.
- Choking sensation, lump in throat.
- Muscles tensing, cramping.
- Clenching teeth.
- Urge to scream or call out.
- Feeling nauseated.
- Getting cold; feeling clammy.
- Feeling your hairs standing on end.
- Feeling of “butterflies” in stomach.
- Wanting to run away or avoid things.
- Other: ______________________________________

Expressions and Actions of Fear

- Fleeing, running away.
- Running or walking hurriedly.
- Hiding from or avoiding what you fear.
- Engaging in nervous, fearful talk.
- Pleading or crying for help.
- Talking less or becoming speechless.
- Screaming or yelling.
- Darting eyes or quickly looking around.
- Frozen stare.
- Talking yourself out of doing what you fear.
- Freezing, or trying not to move.
- Crying or whimpering.
- Shaking, quivering, or trembling.
- A shaky or trembling voice.
- Sweating or perspiring.
- Diarrhea, vomiting.
- Hair erect.
- Other: ______________________________________

Aftereffects of Fear

- Narrowing of attention.
- Being hypervigilant to threat.
- Losing your ability to focus or becoming disoriented or dazed.
- Losing control.
- Imagining the possibility of more loss or failure.
- Isolating yourself.
- Ruminating about other threatening times.
- Other: ______________________________________

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HAPPINESS WORDS

- happiness
- satisfaction
- joviality
- exhilaration
- ecstasy
- joy
- bliss
- triumph
- optimism
- gladness
- enjoyment
- enthusiasm
- contentment
- excitement
- elation
- relief
- jolliness
- excitement
- eagerness
- glee
- amusement
- thrill
- jubilation
- gaiety
- pleasure
- enthralment
- cheerfulness
- zaniness
- pleasure
- hope
- euphoria
- delight
- rapture
- pride
- enthusiasm
- contentment
- hope
- Rodríguez

Prompting Events for Feeling Happiness

- Receiving a wonderful surprise.
- Reality exceeding your expectations.
- Getting what you want.
- Getting something you have worked hard for or worried about.
- Things turning out better than you thought they would.
- Being successful at a task.
- Achieving a desirable outcome.
- Receiving esteem, respect, or praise.
- Receiving love, liking, or affection.
- Being accepted by others.
- Belonging somewhere or with someone or a group.
- Being with or in contact with people who love or like you.
- Having very pleasurable sensations.
- Doing things that create or bring to mind pleasurable sensations.
- Other:

Interpretations of Events That Prompt Feelings of Happiness

- Interpreting joyful events just as they are, without adding or subtracting.
- Other:

Biological Changes and Experiences of Happiness

- Feeling excited.
- Feeling physically energetic, active.
- Feeling like giggling or laughing.
- Feeling your face flush.
- Feeling calm all the way through.
- Urge to keep doing what is associated with happiness.
- Feeling at peace.
- Feeling open or expansive.
- Other:

Expressions and Actions of Happiness

- Smiling.
- Having a bright, glowing face.
- Being bouncy or bubbly.
- Communicating your good feelings.
- Sharing the feeling.
- Silliness.
- Hugging people.
- Jumping up and down.
- Saying positive things.
- Using an enthusiastic or excited voice.
- Being talkative or talking a lot.
- Other:

Aftereffects of Happiness

- Being courteous or friendly to others.
- Doing nice things for other people.
- Having a positive outlook; seeing the bright side.
- Having a high threshold for worry or annoyance.
- Remembering and imagining other times you have felt joyful.
- Expecting to feel joyful in the future.
- Other:

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JEALOUSY WORDS

jealous  clutching  fear of losing someone/
cautious  defensive  something  rivalrous  wary
clinging  mistrustful  possessive  suspicious  watchful
self-protective

Prompting Events for Feeling Jealous

• An important relationship is threatened or in danger of being lost.
• A potential competitor pays attention to someone you love.
• Someone:
  • Is threatening to take away important things in your life.
  • Goes out with the person you like.
  • Ignores you while talking to a friend of yours.
  • Is more attractive, outgoing, or self-confident than you.
• You are treated as unimportant by a person you want to be close to.
• Your partner tells you that he or she desires more time alone.
• Your partner appears to flirt with someone else.
• A person you are romantically involved with looks at someone else.
• You find the person you love is having an affair with someone else.
• Other: ________________________________

Interpretations of Events That Prompt Feelings of Jealousy

• Believing that:
  • Your partner does not care for you any more.
  • You are nothing to your partner.
  • Your partner is going to leave you.
  • Your partner is behaving inappropriately.
  • You don’t measure up to your peers.
  • I deserve more than what you are receiving.
• Believing that:
  • You were cheated.
  • No one cares about you.
  • Your rival is possessive and competitive.
  • Your rival is insecure.
  • Your rival is envious.
  • Other: ________________________________

Biological Changes and Experiences of Jealousy

• Breathlessness.
• Fast heartbeat.
• Choking sensation, lump in throat.
• Muscles tensing.
• Teeth clenching.
• Becoming suspicious of others.
• Having injured pride.
• Feelings of rejection.
• Needing to be in control.
• Feeling helpless.
• Wanting to grasp or keep hold of what you have.
• Wanting to push away or eliminate your rival.

Expressions and Actions of Jealousy

• Violent behavior or threats of violence toward the person threatening to take something away.
• Attempting to control the freedom of the person you are afraid of losing.
• Verbal accusations of disloyalty or unfaithfulness.
• Spying on the person.
• Interrogating the person; demanding accounting of time or activities.
• Collecting evidence of wrongdoings.
• Clinging; enhanced dependency.
• Increased or excessive demonstrations of love.
• Other: ________________________________

Aftereffects of Jealousy

• Narrowing of attention.
• Seeing the worst in others.
• Being mistrustful across the board.
• Being hypervigilant to threats to your relationships.
• Becoming isolated or withdrawn.
• Other: ________________________________

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LOVE WORDS

love
adoration
affection
arousal
attraction
caring
charmed
compassion
desire
enchantment
fondness
infatuation
kindness
liking
limerence
longing
lust
passion
sympathy												
tenderness
warmth
sentimentality

Prompting Events for Feeling Love

• A person:
  • Offers or gives you something you want, need, or desire.
  • Does things you want or need.
  • Does things you particularly value or admire.
  • Feeling physically attracted to someone.
  • Being with someone you have fun with.

• You spend a lot of time with a person.
• You share a special experience with a person.
• You have exceptionally good communication with a person.
• Other: ________________________________

Interpretations of Events That Prompt Feelings of Love

• Believing that a person loves, needs, or appreciates you.
• Thinking that a person is physically attractive.
• Judging a person’s personality as wonderful, pleasing, or attractive.
• Believing that a person can be counted on, or will always be there for you.
• Other: ________________________________

Biological Changes and Experiences of Love

• When you are with or thinking about someone:
  • Feeling excited and full of energy.
  • Fast heartbeat.
  • Feeling self-confident.
  • Feeling invulnerable.
  • Feeling happy, joyful, or exuberant.
  • Feeling warm, trusting, and secure.
  • Feeling relaxed and calm.

• Wanting the best for a person.
• Wanting to give things to a person.
• Wanting to see and spend time with a person.
• Wanting to spend your life with a person.
• Wanting physical closeness or sex.
• Wanting emotional closeness.

Expressions and Actions of Love

• Saying “I love you.”
• Expressing positive feelings to a person.
• Eye contact, mutual gaze.
• Touching, petting, hugging, holding, cuddling.
• Sexual activity.

• Smiling.
• Sharing time and experiences with someone.
• Doing things that the other person wants or needs.
• Other: ________________________________

Aftereffects of Love

• Only seeing a person’s positive side.
• Feeling forgetful or distracted; daydreaming.
• Feeling openness and trust.
• Feeling “alive,” capable.
• Remembering other people you have loved.

• Remembering other people who have loved you.
• Remembering other positive events.
• Believing in yourself; believing you are wonderful, capable, competent.
• Other: ________________________________

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SADNESS WORDS

<table>
<thead>
<tr>
<th>Sadness</th>
<th>Disappointment</th>
<th>Pity</th>
<th>Crushed</th>
<th>Disconnected</th>
<th>Depression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Despair</td>
<td>Homesickness</td>
<td>Anguish</td>
<td>Displeasure</td>
<td>Suffering</td>
<td>Glumness</td>
</tr>
<tr>
<td>Grief</td>
<td>Neglect</td>
<td>Dismay</td>
<td>Insecurity</td>
<td>Dejection</td>
<td>Melancholy</td>
</tr>
<tr>
<td>Misery</td>
<td>Alienation</td>
<td>Hurt</td>
<td>Sorrow</td>
<td>Gloom</td>
<td>Alone</td>
</tr>
<tr>
<td>Agony</td>
<td>Discontentment</td>
<td>Rejection</td>
<td>Defeat</td>
<td>Loneliness</td>
<td>Woe</td>
</tr>
</tbody>
</table>

Prompting Events for Feeling Sadness

- Losing something or someone irretrievably.
- The death of someone you love.
- Things not being what you expected or wanted.
- Things being worse than you expected.
- Being separated from someone you care for.
- Getting what you don't want.
- Not getting what you have worked for.
- Not getting what you believe you need in life.
- Being rejected, disapproved of, or excluded.
- Discovering that you are powerless or helpless.
- Being with someone else who is sad or in pain.
- Reading or hearing about other people’s problems or troubles in the world.
- Being alone, or feeling isolated or like an outsider.
- Thinking about everything you have not gotten.
- Thinking about your losses.
- Thinking about missing someone.
- Other: ____________________

Interpretations of Events That Prompt Feelings of Sadness

- Believing that a separation from someone will last for a long time or will never end.
- Believing that you will not get what you want or need in your life.
- Seeing things or your life as hopeless.
- Believing that you are worthless or not valuable.
- Other: ____________________

Biological Changes and Experiences of Sadness

- Feeling tired, run down, or low in energy.
- Feeling lethargic, listless; wanting to stay in bed all day.
- Feeling as if nothing is pleasurable any more.
- Pain or hollowness in your chest or gut.
- Feeling empty.
- Feeling as if you can’t stop crying, or if you ever start crying you will never be able to stop.
- Difficulty swallowing.
- Breathlessness.
- Dizziness.
- Other: ____________________

Expressions and Actions of Sadness

- Avoiding things.
- Acting helpless; staying in bed; being inactive.
- Moping, brooding, or acting moody.
- Making slow, shuffling movements.
- Withdrawing from social contact.
- Avoiding activities that used to bring pleasure.
- Giving up and no longer trying to improve.
- Saying sad things.
- Talking little or not at all.
- Using a quiet, slow, or monotonous voice.
- Eyes drooping.
- Frowning, not smiling.
- Posture slumping.
- Sobbing, crying, whimpering.
- Other: ____________________

Aftereffects of Sadness

- Not being able to remember happy things.
- Feeling irritable, touchy, or grouchy.
- Yearning and searching for the thing lost.
- Having a negative outlook.
- Blaming or criticizing yourself.
- Ruminating about sad events in the past.
- Insomnia.
- Appetite disturbance, indigestion.
- Other: ____________________

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SHAME WORDS

shame  culpability  embarrassment  mortification  shyness
contrition  discomposure  humiliation  self-conscious

Prompting Events for Feeling Shame

• Being rejected by people you care about.
• Having others find out that you have done something wrong.
• Doing (or feeling or thinking) something that people you admire believe is wrong or immoral.
• Comparing some aspect of yourself or your behavior to a standard and feeling as if you do not live up to that standard.
• Being betrayed by a person you love.
• Being laughed at/made fun of.
• Being criticized in public/in front of someone else; remembering public criticism.
• Others attacking your integrity.
• Being reminded of something wrong, immoral, or “shameful” you did in the past.
• Being rejected or criticized for something you expected praise for.
• Having emotions/experiences that have been invalidated.
• Exposure of a very private aspect of yourself or your life.
• Exposure of a physical characteristic you dislike.
• Failing at something you feel you are (or should be) competent to do.
• Other: ____________________________

Interpretations of Events That Prompt Feelings of Shame

• Believing that others will reject you (or have rejected you).
• Judging yourself to be inferior, not “good enough,” not as good as others; self-invalidation.
• Comparing yourself to others and thinking that you are a “loser.”
• Believing yourself unlovable.
• Thinking that you are bad, immoral, or wrong.
• Thinking that you are defective.
• Thinking that you are a bad person or a failure.
• Believing your body (or a body part) is too big, too small, or ugly.
• Thinking that you have not lived up to others’ expectations of you.
• Thinking that your behavior, thoughts, or feelings are silly or stupid.
• Other: ____________________________

Biological Changes and Experiences of Shame

• Pain in the pit of the stomach.
• Sense of dread.
• Wanting to shrink down and/or disappear.
• Wanting to hide or cover your face and body.
• Other: ____________________________

Expressions and Actions of Shame

• Hiding behavior or a characteristic from other people.
• Avoiding the person you have harmed.
• Avoiding persons who have criticized you.
• Avoiding yourself—distracting, ignoring.
• Withdrawing; covering the face.
• Bowing your head, groveling.
• Appeasing; saying you are sorry over and over and over.
• Looking down and away from others.
• Sinking back; slumped and rigid posture.
• Halting speech; lowered volume while talking.
• Other: ____________________________

Aftereffects of Shame

• Avoiding thinking about your transgression; shutting down; blocking all emotions.
• Engaging in distracting, impulsive behaviors to divert your mind or attention.
• High amount of “self-focus”; preoccupation with yourself.
• Depersonalization, dissociative experiences, numbness, or shock.
• Attacking or blaming others.
• Conflicts with other people.
• Isolation, feeling alienated.
• Impairment in problem-solving ability.
• Other: ____________________________

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GUILT WORDS

- guilt
- culpability
- remorse
- apologetic
- regret
- sorry

Prompting Events for Feeling Guilt

- Doing or thinking something you believe is wrong.
- Doing or thinking something that violates your personal values.
- Not doing something you said that you would do.
- Committing a transgression against another person or something you value.
- Causing harm/damage to another person or object.
- Causing harm/damage to yourself.
- Being reminded of something wrong you did in the past.
- Other: ____________________________

Interpretations of Events That Prompt Feelings of Guilt

- Thinking that your actions are to blame for something.
- Thinking that you behaved badly.
- Thinking, “If only I had done something differently . . . ”
- Other: ____________________________

Biological Changes and Experiences of Guilt

- Hot, red face.
- Jitteriness, nervousness.
- Suffocating.
- Other: ____________________________

Expressions and Actions of Guilt

- Trying to repair the harm, make amends for the wrongdoing, fix the damage, change the outcome.
- Asking for forgiveness, apologizing, confessing.
- Giving gifts/making sacrifices to try to make up for the transgression.
- Bowing your head; kneeling before the person.
- Other: ____________________________

Aftereffects of Guilt

- Making resolutions to change.
- Making changes in behavior.
- Joining self-help programs.
- Other: ____________________________

Other Important Emotion Words

- Weariness, dissatisfaction, disinclination.
- Distress.
- Shyness, fragility, reserve, bashfulness, coyness, reticence.
- Cautiousness, reluctance, suspiciousness, caginess, wariness.
- Surprise, amazement, astonishment, awe, startle, wonder.
- Boldness, bravery, courage, determination.
- Powerfulness, a sense of competence, capability, mastery.
- Dubiousness, skepticism, doubtfulness.
- Apathy, boredom, dullness, ennui, fidgetiness, impatience, indifference, listlessness.