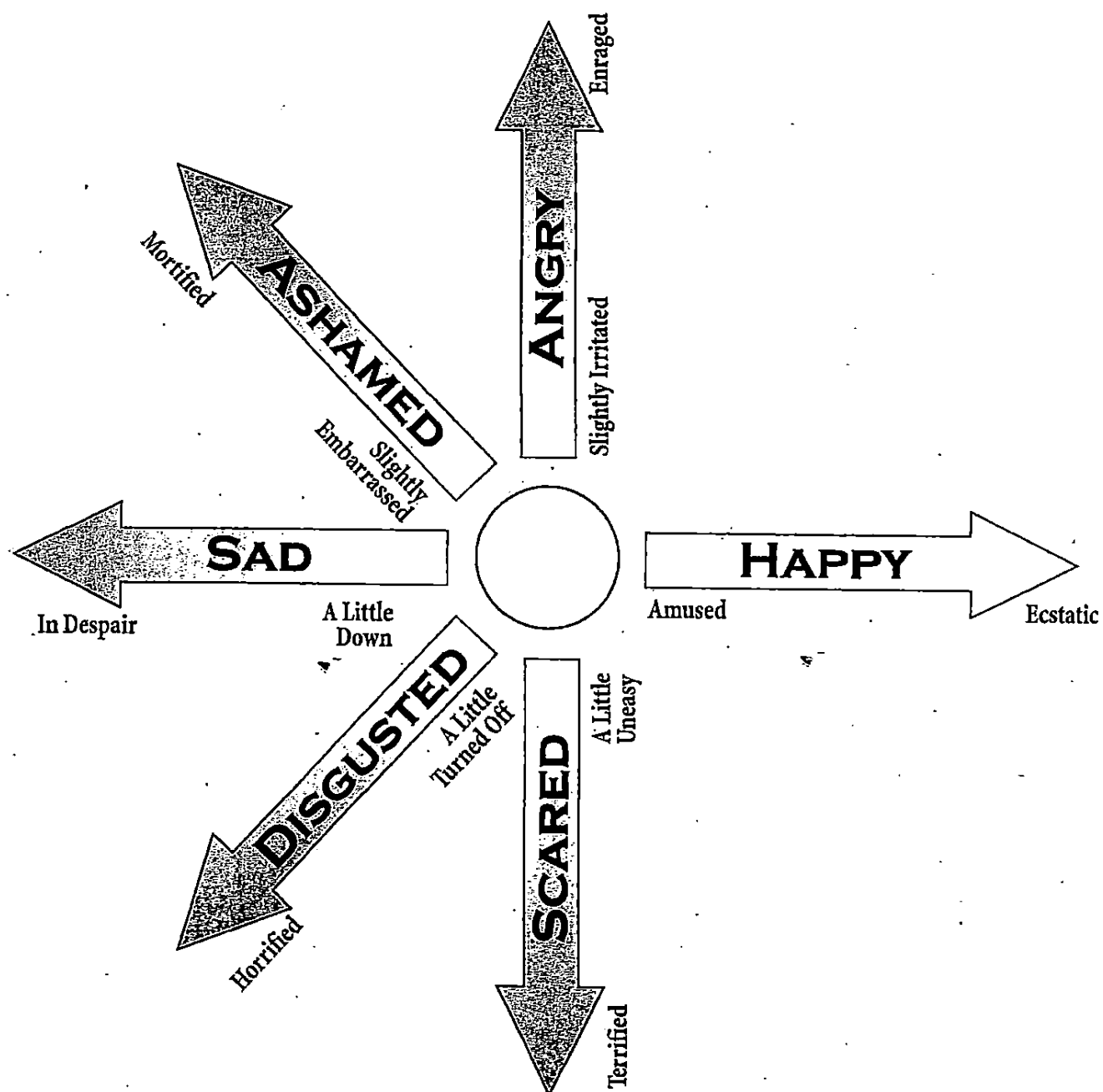


Identifying Emotions Handout



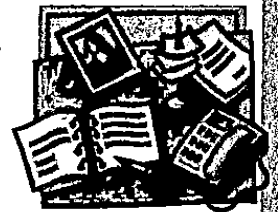


Observe & Describe

These two skills are about noticing what is going on inside and outside. Start by focusing on the here & now. Let go of any thoughts about the past or future. Just be present right now. If thoughts come in, notice them and then let them go as if you were watching clouds floating by.

Let's take a moment to check in on the inside and outside. An important part of this process is being non-judgmental. This means not assigning a value to yourself or others (for example, "good," "bad," "stupid," "worthless"). Stick to the facts, just noticing what is, without labeling it.

1. I am just noticing what is going on inside (sensations and thoughts). Notice any judgments you are making about yourself or others, then let them go.
2. I can describe what I notice in concrete, specific terms that are non-judgmental by: _____
3. Next, I am just noticing what is going on around me in my environment. I will let go of any judgments I am making about others.
4. I can describe what I notice in concrete, specific terms that are non-judgmental by: _____
5. "Observing and Describing" what is going on with me on the inside and the outside will assist me in being as effective as I can be:



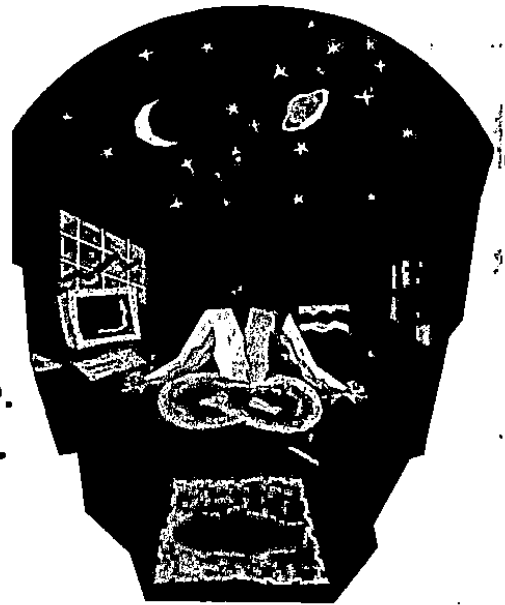
Distress Tolerance Skills

Observe Breathing

This exercise is designed to help you deal with crises, stressful situations, and/or difficulties. When you find yourself in one of these situations, you can cope with it by getting grounded in your breathing. This will orient you to the present moment, serve as a distraction from the stress and introduce a calming effect. The calming effect is achieved by providing more oxygen to the mind and body thus reducing anxiety and distressing bodily sensations. Here are some ways you can observe your breathing.

Inhale while counting to 5 slowly.
Let the breath out while counting to 5 slowly.
Repeat 5 times.

Take a deep breath while taking one long stride.
Let out the breath while taking one long stride.
Repeat 3 times.



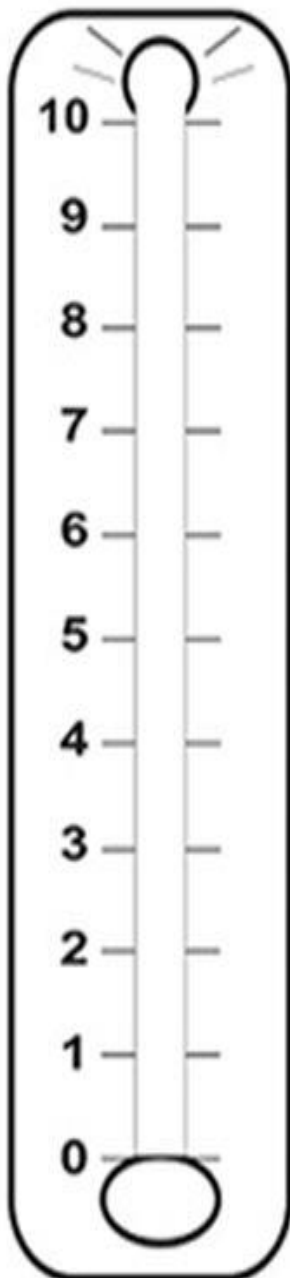
Take long slow breaths in and out while imagining relaxing on a beach or at home under the covers. Do this for 90 seconds.

For every distressing thought or painful sensation complete a full deep breath in and out.

First practice this skill at times when you are not under a great deal of stress. This way you will be prepared next time a crisis or stressful situation occurs.

The Distress Thermometer – Subjective Units of Distress Scale (SUDS)

This is a tool for rating the intensity of your feelings and other internal experiences, such as anxiety, anger, agitation, stress or other painful and distressing feelings. Please rate your distress, fear, anxiety or discomfort on a scale of 0-10. Imagine you have a 'distress thermometer' to measure your feelings according to the following scale. Notice how your level of distress changes over time and in different situations.



10 - Highest distress/fear/anxiety/discomfort that you have ever felt

9 - Extremely anxious/distressed

8 - Very anxious/distressed, can't concentrate

7 - Quite anxious/distressed, interfering with performance

6 -

5 - Moderate anxiety/distress, uncomfortable but can continue to perform

4 -

3 - Mild anxiety/distress, no interference with performance

2 - Minimal anxiety/distress

1 - Alert and awake, concentrating well

0 - Totally relaxed

Name: _____

DIARY CARD

Date	Event	Your Thoughts	Your Feelings	Your Actions/ Behaviors	SUDS Before	Skills you used	SUDS After

I commit to practicing the following skill: _____

Remember: it is most helpful to complete your diary card daily.