~ Heather M. McKenzie, MS, LPCS, BC-TMH ~

Online Counseling and Clinical Supervision



Strategy to Manage Emotions

STOP. Just press pause.

Take a step back to look at your situation Take a deep breath or 10 Take time to check in with yourself

Observe your current situation Observe your emotions Observe your thoughts Observe your needs Observe your urges Observe your long-term values Observe your options

Proceed thoughtfully with your needs & values in mind Proceed without judging yourself for where you are

Adapted from **DBT Skills Training Handouts and Worksheets**, **Second Edition** by Marsha Linehan.