Healthy Emotion Regulation Strategies

Pyramid

Use Sparingly

- Cognitive Suppression
- Behavioral Avoidance
- Experiential Avoidance
- Rumination
- Just willpower (without the concurrent use of any other strategy)

Use Liberally

- Acceptance (of things that can't be changed; & of what your current experience is)
- Psychological Expansion to make room for difficult feelings, & Softening to your difficult feelings
- Cognitive Reappraisal
- Mindfulness

Self-Compassion

Problem Solving (trying to change a stressful situation or contain its consequences).

Using Attachment Relationships as Your Secure Base and Safe Haven.

- Physical Calming Strategies
- Psychological Flexibility
- Behaving how you want to feel.

Non-avoidance (Moving in valued directions in spite of difficult feelings)