

# Healthy Emotion Regulation Strategies Pyramid

**Use Sparingly**

Notice it says "use sparingly" not "don't ever use."

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

Cognitive Suppression = Trying to block out thoughts

Behavioral Avoidance = avoiding important behaviors and situations that are difficult.

Experiential Avoidance = the suppression or avoidance of uncomfortable thoughts, emotions, sensations, memories, and urges.

Rumination = the tendency to respond to distress by repetitively (and passively) focusing on the causes and consequences of your problems, without moving into active problem-solving.

**Use Liberally**

**Self-Compassion**  
**Problem Solving (trying to change a stressful situation or contain it's consequences).**

**Acceptance (of things that can't be changed; & of what your current experience is)**

**Using Attachment Relationships as Your Secure Base and Safe Haven.**

Secure Base = a base from which to explore and return back to.

Safe Haven = for comforting when you need it.

**Psychological Expansion to make room for difficult feelings, & Softening to your difficult feelings**

**Physical Calming Strategies**

**Psychological Flexibility**

**Behaving how you want to feel.**

**Cognitive Reappraisal**

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

**Mindfulness**