

Healthy Emotion Regulation Strategies Pyramid

Use Sparingly

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