

# My Feelings and Me

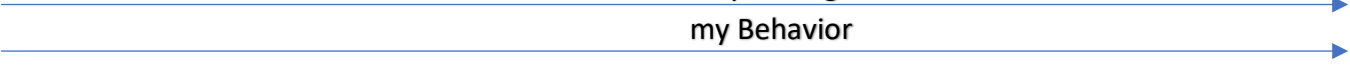
## A Handout Homework On Self-Control.

In Today's homework we're going to highlight the importance of self-control, mindfulness, and emotion regulation.

In DBT, we're trying to build our ability to notice our emotions before acting. A problematic way of relating to our emotions which we're trying to grow out of is:

"I feel and then I act"

my feeling  
my Behavior



"this is our emotions and behavior running in Parallel"

What does this mean? It means HOW YOU FEEL = HOW YOU ACT. Sometimes this is no problem. Sometimes the feeling results in an effective behavior, but sometimes it doesn't.

List an example of how acting on your feelings in the moment is Ok:

Hugging my wife after a long day

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List an example of when it's not ok (causes regret, backfires, or puts you in a worse situation than you were before.)

Hugging my wife (feeling of longing, of love) when she isn't receptive to it

I yell at the person who's annoying me/pissing me off

Anxious about a test and I push away studying.

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When our emotions are pulling us towards dysregulation and ineffective behavior it's important that we find our self-control to effectively manage how we feel.

We can do this important act through Mindfully appreciating our feelings before we act on them. This will give us time to slow ourselves down so we can appreciate and understand our feelings before we act on them.

It will look something like this:

- 1) The feeling comes up → 2) We do a mindful act → 3) With awareness we check in with how we're feeling → 4) We proceed mindfully and effectively.

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Now here's the homework:

Take a situation from this week, a fresh one, and apply these steps:

1) Notice your feeling:

What feeling did you notice coming up for you and what was the situation?

*Helpful guiding questions: Was the external situation? What happened? How does your feeling feel in your head and body?*

Yesterday I was watching breaking bad it was getting close to 11:45pm, I'm remembering all my commitments for the next day and then my wife asks me to wash the dishes from our late night meal. Upset, Anger (flustered) – I was thinking that we could do it tomorrow because I have to be out the next day and I wanted to go to sleep.

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2) Do a Mindful Act

What Mindful Act did you do?

*Some Mindful Act Examples:*

- *Take Three Deep Breaths,*
- *sit down for a moment and breathe,*
- *go get a cold/hot drink from the kitchen,*
- *take yourself out of the stressful situation if you can/if this applies.*

Took a deep breathe before responding

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3) Ask myself what's happening right now with my emotions:

Write a statement of how your emotion is impacting you.

*Some helpful suggestions of how to phrase this:*

- *My anxiety is building up and making my heart heavy.*
- *I'm feeling overwhelmed by this task.*
- *I feel provoked and angry by so and so.*
- *Sadness and self-judgment is getting strong in my head.*
- *Shame about a past situation is flooding me and I'm self-judging.*

I'm getting a little combative and I want to push back against the request.

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4) Lastly Proceed Mindfully.

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Now that you are aware, mindful, and in control of how you feel and you haven't immediately acted on your feelings: Ask yourself, what do I need to do in this situation to be effective?

*Some helpful suggestions:*

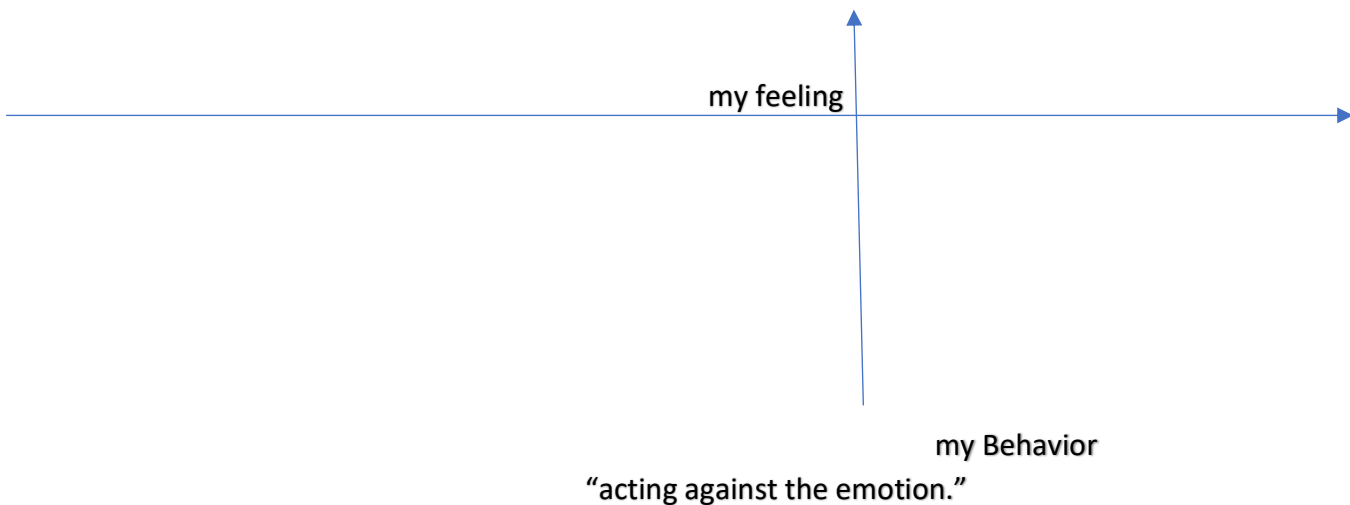
- *Approach the uncomfortable task*
- *Walk away from the argument*
- *Stand up for myself if it's valid*
- *Take self-care to regulate your emotions.*
- *Act opposite to the emotion.*

I asserted the fact that I needed to go to sleep and did it in a fair way; my wife wanted the timeline of the task to be done then and there and I asked not to do them now or later.

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The Goal of this handout is to slow things down, so you have a chance to choose your behavior instead of your emotion doing it for you. By referencing our emotion regulation handouts from your book, you can identify your emotions better and utilize the emotion regulation skills within.

Sometimes we need to act differently from our emotions in order to have the best outcome in our lives.



By staying in control, you will build mastery in regulating and controlling your emotions/behavior.

Please note that all Homeworks are reviewed on the InsightDBT Youtube:

<https://www.youtube.com/@InsightDBT>

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