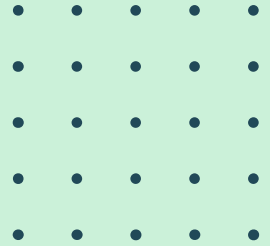


Emotional Regulation

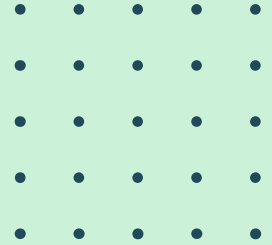


Recognizing and addressing PRIMARY and SECONDARY emotions

Primary emotions: the initial reaction to an event or to triggers in your environment.
Are often completely natural reactions to things around us.

Secondary emotions: the reaction to your primary emotions or t

Emotions Discussion



Coping Skill: "NAME IT TO TAME IT" (Dan Siegel)

List of Feeling Words

- Reactions to the list of Feeling Words?



What are some helpful ways to expand your emotional vocabulary?

What are some secondary emotions that you often feel? (Secondary emotions: the reaction to your primary emotions or thoughts)

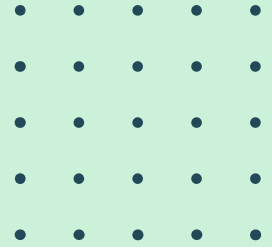
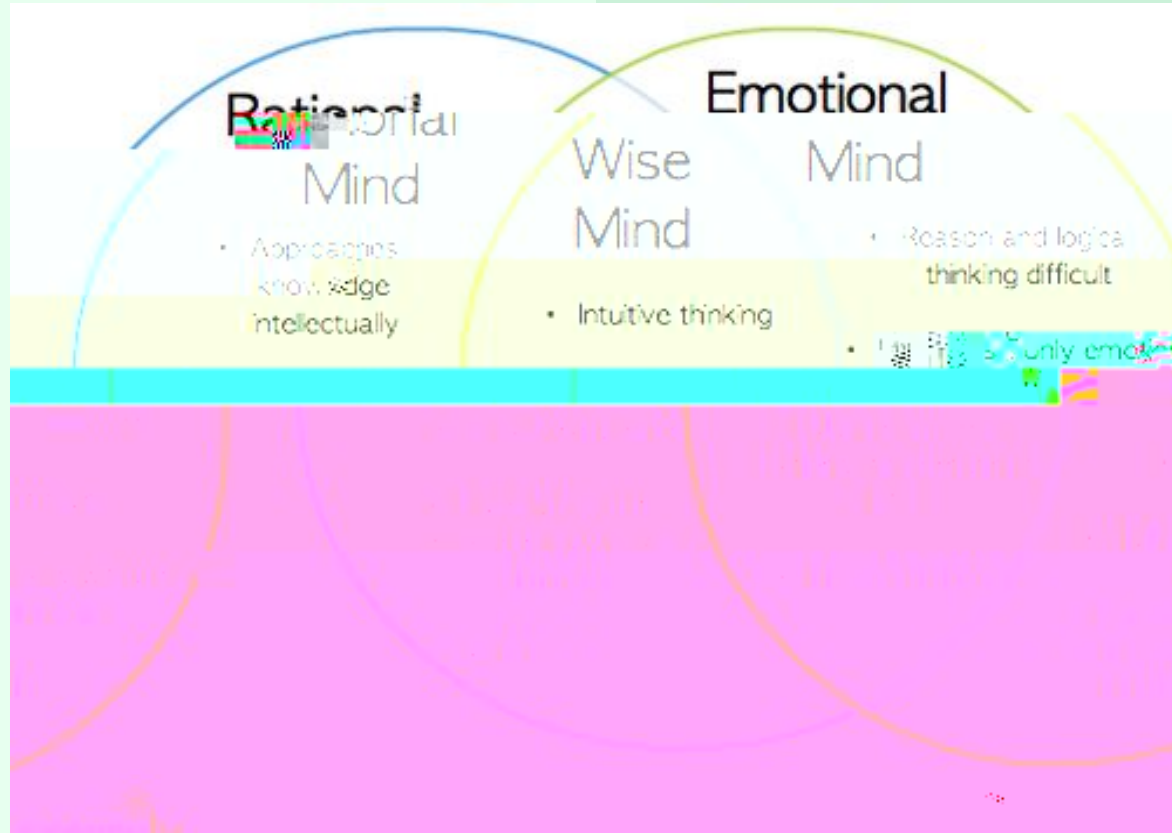
How can we learn to focus on our primary emotions?

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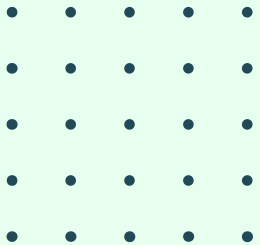
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The Wise Mind



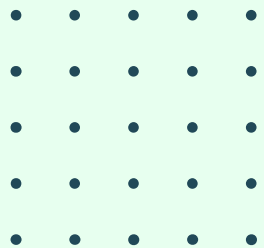
How can you use your Wise Mind to help you cope with triggers?

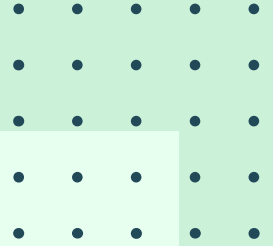


Safe Container Exercise

05. Reflect &

Debrief





Thanks for joining!

We hope to see you next week!

