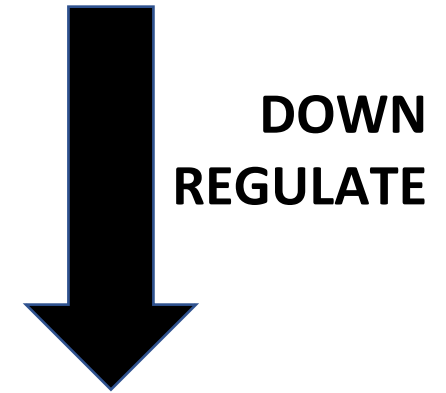


EMOTION DOWN-REGULATION SCALE

I FEEL...

ANGER	SHAME	FEAR	JEALOUSY	SAD
Vengeful	Degraded	Terrorized	Threatened	Suicidal
Hateful	Humiliated	Panicked	Resentful	Self-destructive
Hostile	Belittled	Fearful	Possessive	Empty
Resentful	Intimidated	Anxious	Jealous	Indifferent
Angry	Ashamed	Nervous	Envious	Hopeless
Annoyed	Guilty	Overwhelmed	Demanding	Depressed
Frustrated	Withdrawn	Uneasy	Protective	Sad
Irritated	Embarrassed	Distrustful	Suspicious	Down
Impatient	Self-conscious	Cautious	Vulnerable	Discouraged
Bored	awkward	Curious	Insecure	Disappointed

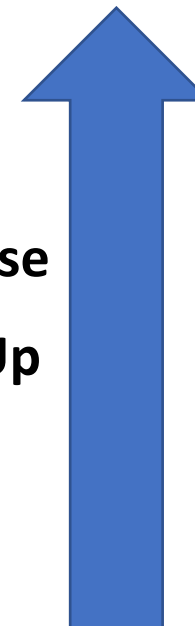


Down-Regulation Process

1. Identify the emotion where you are in the moment.
2. Try to think differently, distract yourself, or use a coping skill to come down the scale one emotion at a time until the emotion has shifted. You may jump only one or several emotions at a time.
3. See if you can move into a calmer state. If not, just being able to down regulate any emotion can help decrease heightened emotional states.
4. It's ok if you are only able to slightly shift an emotion or unable to enter the "happiness" scale. The goal is to shift your emotions from an intensified state to a lesser emotional state.

Example: Let's say you are feeling "depressed" because of something that happened during the day. You can think about the experience differently or from another emotional perspective to try and invoke feelings of being "sad" or "discouraged." Eventually moving down the scale until you feel calmer.

**Response
Ramp Up**



Happy- Content- Calm
Blissful
Thrilled
Joyful
Happy
Excited
Hopeful
Encouraged
Open
Calm
Content
Peaceful