

EMOTION REGULATION:

Understanding Feelings

DBT Skills and Concepts

Jealousy ↪

- Prompting Events - Being treated as unimportant by someone you want to be close to. A competitor pays attention to your loved one. Your partner flirts with someone.
- Interpretation of Events – Believing your partner doesn't care for you anymore. Believing you were cheated. Believing you deserve more.
- Biological Changes – Breathlessness. Fast heartbeat. Tensed muscles.
- Expressions – Violent behavior toward the threatening person. Attempts to control the person you fear losing. Clinging to them. Collecting evidence of wrongdoing.

