

# EMOTION REGULATION

## DBT Skills and Concepts

DBT  
Dialectical Behavior Therapy

The  
Texas  
Model<sup>2.0</sup>

## Opposite Action

- In this skill, you take an action that's opposite to the one that normally arises with a strong emotion. Physically taking an opposite action can lower the temperature of a strong emotion.
- Feeling angry at someone? Instead of clenching fists, leaning forward and setting your jaw, do the opposite: Loosen your hands, lean back, put a half-smile on your face.
- Feeling depressed and sad? Fight the urge to hide or ruminate on the couch and instead, do the opposite: Get active, engage in a hobby or social event.

