

EMOTION REGULATION

TIPP

DBT
Dialectical Behavior Therapy

DBT Skills and Concepts

When emotions are overwhelming, it's hard to use coping skills. This state is called the "red zone," where feelings take over. You can't think clearly or remember what you've learned. Stressful situations, like betrayal or failure, trigger this. In the red zone, your emotions can block your ability to manage them. This is when you can use TIPP skills.

TIPP

- Tip the temperature of your face with very cold water
- Intense aerobic exercise
- Paced Breathing
- Progressive muscle relaxation

