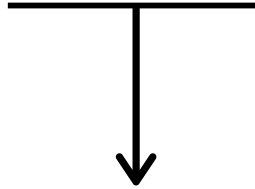


# Response Options to Emotional Distress

## Emotional Distress

REACTIONS



### JUDGEMENT

interpretations  
Assumptions  
Comparisons  
Assessing value

### MINDFULNESS

State the facts  
Notice feelings  
Acceptance of the present moment

CHOICE



### SELF REGULATION

Shame  
Anger  
Fight or flight



### EMOTION REGULATION

Opposite Action  
Grounding  
Acceptance

