

HANDOUT #2

Breakout Group Activity — “Choose Your Intervention”

- You will be assigned to break-out groups
- As a group, you will analyze Marisol’s experience across the five moments we just reviewed and choose the best-fitting Emotion Regulation skill for each
- Explain your choice: **Why this skill? What would be less effective?**
- Ask someone to take notes of your discussion and be ready to share with the larger group
- **Tips:**
 - More than one skill might apply — focus on what fits best
 - Think about emotional intensity, skill sequencing, and real-life application

Vignette – Marisol and the Family Dinner

Marisol is a 34-year-old woman in early recovery from methamphetamine use. She’s been sober for 2 months and living in transitional housing. Her mother invites her to a family dinner. Marisol is excited but anxious—her uncle has made judgmental comments in the past about her addiction. She’s unsure if she’ll be able to stay regulated in that environment but doesn’t want to miss out on family connection.

Marisol’s Story: Five Moments for Skill Application

- ◎ **Moment 1:** Marisol gets the dinner invitation and feels torn—excited but nervous.
- ◎ **Moment 2:** She recalls a previous dinner where her uncle said she was “just like her father the alcoholic.”
- ◎ **Moment 3:** The morning of the dinner, she wakes up with a pit in her stomach and wants to cancel.
- ◎ **Moment 4:** At dinner, her uncle makes a comment: “We’ll see how long this sobriety thing lasts.”
- ◎ **Moment 5:** She leaves the dinner early but without using. She feels both proud and angry.

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The *ABC PLEASE* Skill

A	Accumulate positive emotions (<i>Engage in activities that bring joy and fulfillment</i>)
B	Build mastery (<i>Develop skills and confidence through challenges</i>)
C	Cope ahead of time with emotional situations (<i>Prepare for emotional situations before they arise</i>)
PLEASE	Treat P hysical illness, balance E ating, avoid mood- A ltering substances, maintain good S leep, and E xercise regularly

☉ **Goal:** to empower us to build **emotional resilience**

SOURCE: Linehan, 2014a

Check the Facts

- ☉ What emotion am I experiencing and want to change?
- ☉ What event triggered this emotion?
- ☉ What are my thoughts, interpretations, and assumptions about the event?
- ☉ Am I perceiving a threat that may not be real?
- ☉ What is the worst-case scenario I am imagining?
- ☉ Does my emotional reaction match the facts of the situation?

SOURCE: Linehan, 2014a



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Opposite Action

- 1. Identify the Emotion** – Name the feeling you want to change
- 2. Review the Facts** – Are your emotions justified? Does the intensity match the reality of the situation?
- 3. Recognize Your Urge** – What action does your emotion push you toward?
 - Ask your **Wise Mind**: *Is acting on this urge effective or helpful?*
- 4. Consider the Opposite Action** – What action would go against your emotional urge?
- 5. Commit to Opposite Action** – Engage in behaviors that counteract the emotion-driven urge
- 6. Practice Mindfulness** – Stay present and aware while doing the opposite action
- 7. Repeat as Needed** – Continue until the emotion changes

SOURCE: Linehan, 2014a