**Self-Regulation Skill-training Areas**

1. **Physical**

Skill #1 - Recognizing Your Warning Signs:

* How to recognize your early warning signs of upset
* Understanding your threat detection system

Skill #2 - Create Calm and Safe:

* Ingredients for Calm and Safe Activities
* Practice techniques to help you shut down the threat response

1. **Emotional**

Skill #3 - Identify and Label Emotions:

* Accurately identify emotions
* Validation of emotions

Skill #4 - Healthy Emotional Expression:

* Understand healthy and unhealthy outlets for emotions
* Be intentional about developing/using healthy outlets (gratitude)

Skill #5 - Ownership of Emotions:

* Understanding that other people and events do not dictate our emotions and behaviors… we do
* Focus on intensity and duration of the our emotions

1. **Cognitive**

Skill #6 – Identify, challenge, and replace unhealthy extreme thinking:

* Identify your patterns of thinking that are extreme and unhealthy
* Explore, challenge and replace them with more healthy thoughts

Skill #7 – Get basic emotional needs met in healthy ways:

* Understand basic human needs and motives
* Identify unhealthy patterns and healthier ways to get these needs met