**EMOTION REGULATION July – September 2023**

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| Date | TEACHING | HOMEWORK |
| July 26th/27th | General Skills – Guidelines, Assumptions, & Biosocial Theory  Handout 3-5 (p.12-15) | **HW:** Worksheet 1 (p.27) |
| Aug 2nd/3rd | Mindfulness – Wise Mind  Handouts 3 and 3A (p.50-52) | **HW:** Worksheet 3 (p.83) |
| Aug 9th/10th | Overview/Goals/Function of Emotion/Myths  Handout 1-4 (p.209-212) | **HW**: Worksheet 2 (p.275) |
| Aug 16th/17th | Model for describing emotions  Handout 5 (p.213) | **HW**: Worksheet 4 or 4A (p.281 or 282) |
| Aug 23th/24th | Ways to Describe Emotions  Handout 6 (p.214-223) | **HW**: Worksheet 4 or 4A  (p.281 or 282) |
| Aug 30th/31st | Overview, Check the Facts  Handout 7-8A (p.227-230) | **HW**: Worksheet 5  (p.285) |
| Sept 6th/7th | Opposite Action  Handouts 9-11 (p.230-240) | **HW**: Worksheet 7  (p. 288) |
| Sept 13th/14th | Problem solving  Handouts 12-13 (p.241-244) | **HW**: Worksheet 8  (p.289) |
| Sept 20th/21st | Overview and short term positives  Handouts 14-16 (p.247-251) | **HW**: Worksheets 9  (p.293) |
| Sept 27th/28th | remaining ABC PLEASE  Handouts 17-20  (p.252-257) | **HW**: Worksheet 13 or 14  (p.302 or 303) |