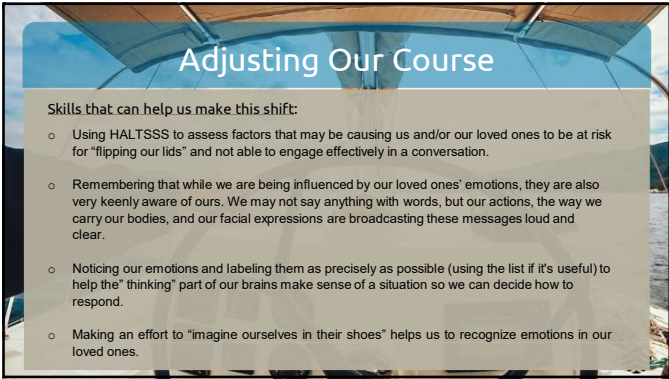




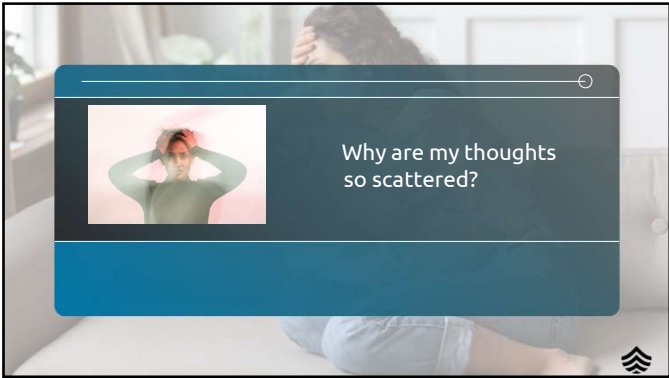
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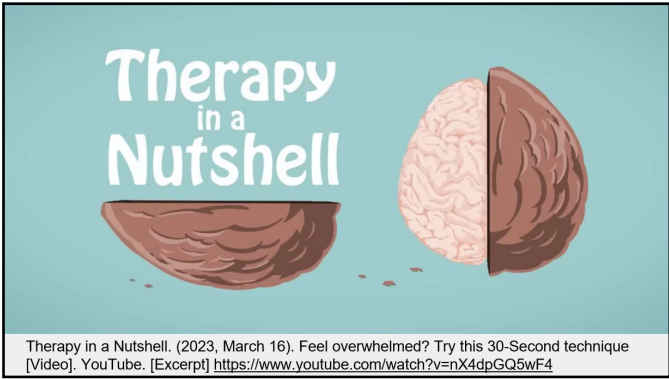
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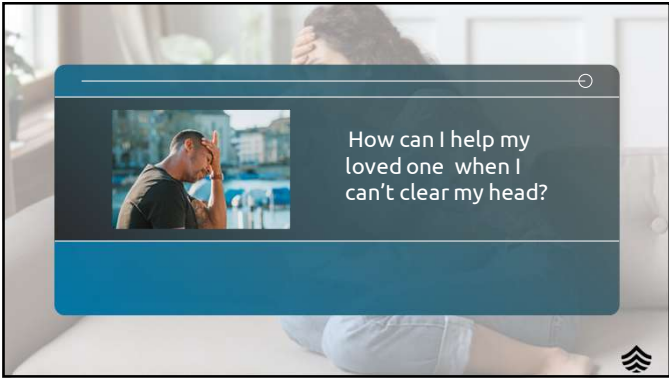
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LIFEBOAT FAMILY SKILLS


-

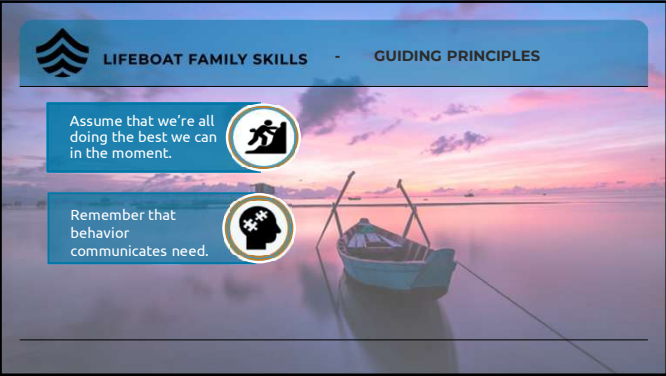
GUIDING PRINCIPLES

Assume that we're all doing the best we can in the moment.




Remember that behavior communicates need.





7




THE GREATER GOOD
TRAINING For
Health Professionals


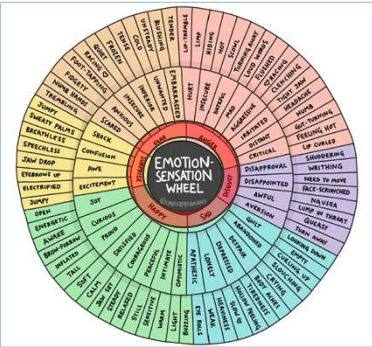
WHY NAMING YOUR EMOTIONS
STOPS THEM FROM DRAINING YOU

WITH DR.EVE ECKMAN

Sounds True. (2022, June 11). Why naming your emotions stops them from draining you [Video]. YouTube. <https://www.youtube.com/watch?v=S0NMaBveoI0>



8



9





A man in a black t-shirt is shown in profile, covering his face with his right hand. He has a distressed expression, with his eyes closed and a slight frown. He is wearing a brown leather watch on his left wrist. The background is a blurred cityscape with buildings and a body of water, suggesting an outdoor setting. The lighting is bright, indicating it might be daytime.

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Emotions and Body Sensations



- Ever notice sensations like butterflies in your stomach, pounding heart, sweaty palms, that electric shock sensation of fear or surprise, pangs of guilt?
- Paying attention to these sensations can be helpful because sometimes they give us an early warning that emotion is building to a problematic level.
- They can also offer us a cue that we're carrying some emotion that is sapping our energy and needs attention

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Emotions and Thoughts



Emotions can produce thoughts.

Thoughts and especially *interpretations* of situations can trigger or amp up our emotions.

"emotions love themselves"
They make us more aware of things that reinforce those emotions.

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Examples of Emotions & Their Action Urges

Anxiety / Fear	Avoid
Sadness	Withdraw
Anger	Attack
Envy	Sabotage / Criticize
Jealousy	Accuse/Spy
Shame / Guilt	Hide

Linehan, M. (2015). DBT Skills Training Manual, Second Edition. eBook The Guilford Press. p. 327

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The Tip of the Iceberg




Surface Emotions

"Emotions about Emotions"

- A reaction to how our deep tender emotions make us feel.
- More intense than the situation warrants.
- Last longer than deep emotions.

Try to protect us from feeling deep emotions but hurt more in the long run.

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What's Under the Surface

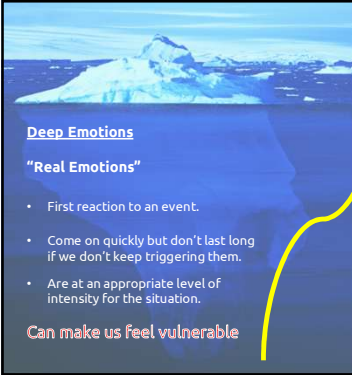
Deep Emotions

"Real Emotions"

- First reaction to an event.
- Come on quickly but don't last long if we don't keep triggering them.
- Are at an appropriate level of intensity for the situation.

Can make us feel vulnerable

17



Deep Emotions

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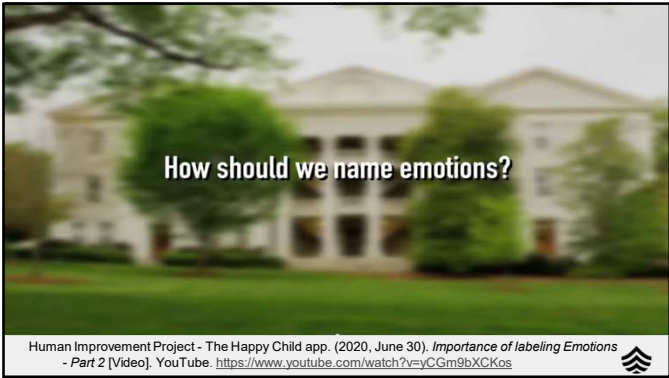
Surface Emotions

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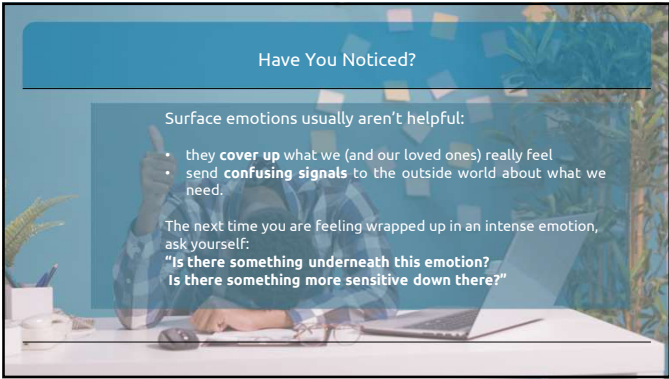
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Summing Up

When we react to our emotions or avoid them, when our only tool is to say, "I feel bad, and I don't like it", we don't give ourselves many options.


When we get beneath the surface emotions, it opens more possibilities for resolving tough emotions and responding in ways that help us to reach our goals more effectively.


23


LIFEBOAT FAMILY SKILLS - GUIDING PRINCIPLES

Assume that we're all doing the best we can in the moment.

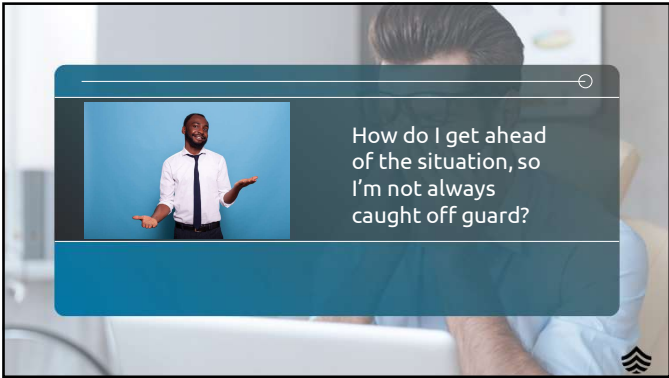
Remember that behavior communicates need.

Be more curious than critical.

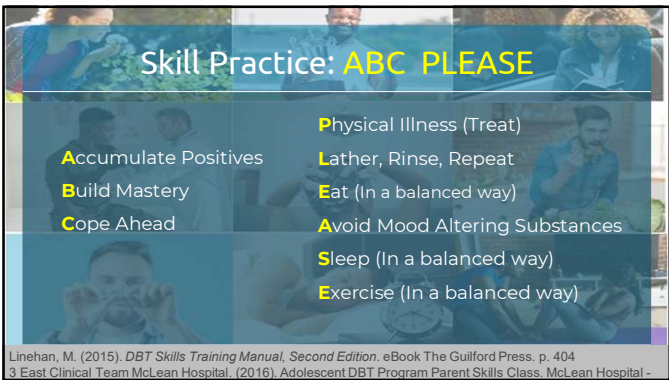
Appreciate multiple perspectives.

Prioritize your relationship.

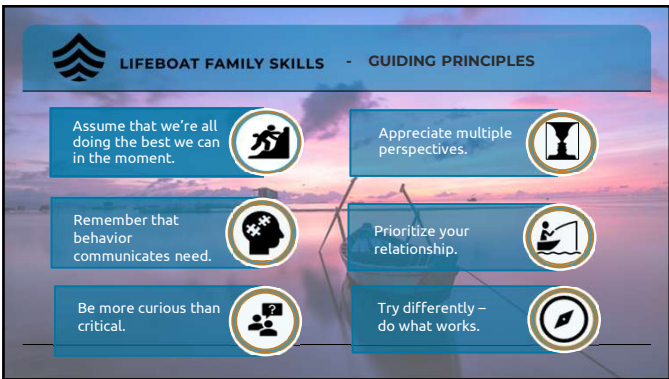
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Adjusting Our Course

We can change our heading by remembering that:

- When we get overwhelmed, part of our brains shut down – “when emotions go up – IQ goes down”.
- The ‘thinking’ part of our brains comes back on-line, when we slow down the activity in the ‘emotional’ areas of our brains.
- Noticing and naming our emotions is a (fairly) simple and effective way to:
 - prevent overwhelm,
 - return to a calm mind when it does happen, and importantly,
 - be able to “think straight”.

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Adjusting Our Course

Skills that can help us make this shift:

- Make the connection between how we are feeling and the features of emotions - sensations, thoughts (especially “interpretations”) and action urges.
- Ask “what’s underneath strong “surface” emotions – especially anger.
- Name the “deep” emotion – (using the list if it helps) be as specific as possible.
- Be curious about why it’s come up – no pushing it away or cooking it- **breathe through the discomfort for 90 seconds** (we can do anything for 90 seconds).
- Practice ABC PLEASE every day so we’re in the best condition to cope when intense emotions come up.

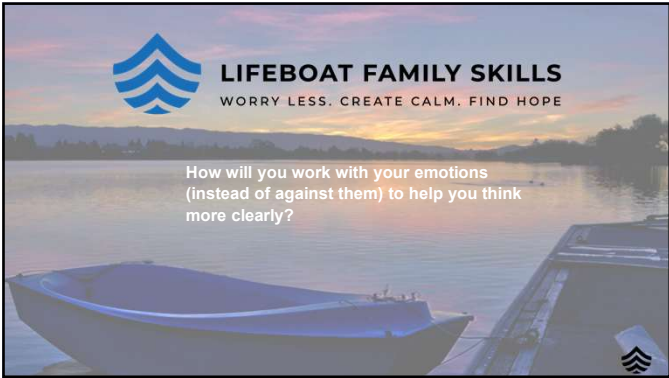
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Adjusting our course

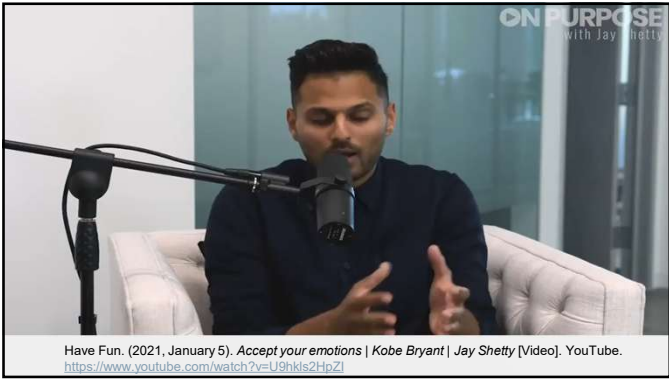
Results we see over time when we practice these skills:

- Our emotional baseline is lower, so we’re not so easily overwhelmed.
- We’re less likely to ramp up our loved one’s emotions – and so they’re less likely to ramp up ours in return.
- We’re able to get ourselves to a calm place more quickly so that we can show up as our best selves in conversations with our loved ones.
- We’re able to be clearer about what we’re really feeling and encourage our loved ones to do the same. This allows us to work together rather than against each other.

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