

Model for describing emotions Emotion (E) Wheel

(an alternative to Emotion Regulation Handout 5 in DBT Skills Training Manual)

★ = what skill to use at this part of the wheel

How likely the emotion wheel is to start spinning = **EMOTION VULNERABILITY**
Emotion vulnerability is affected by: health, stress, self-esteem, preparation for life's difficulties, doing things each day that give joy/satisfaction

★ Problem-solving
EVENT

★ Check the facts
Interpretation?

★ ABC PLEASE

The E^s in Emotion

EVENT (can kick off emotion)

- There is ALWAYS an event that kicks off an emotion – emotions never come from nowhere
- what I thought, saw, heard, felt, tasted, smelled, dreamed, or remembered that kicked off my emotion

INTERPRETATION (can kick off emotion)

- any belief or assumption about the event (not always present) – A STORY NOT A FACT
- can happen so fast that we think the interpretation IS the event

EXPERIENCE

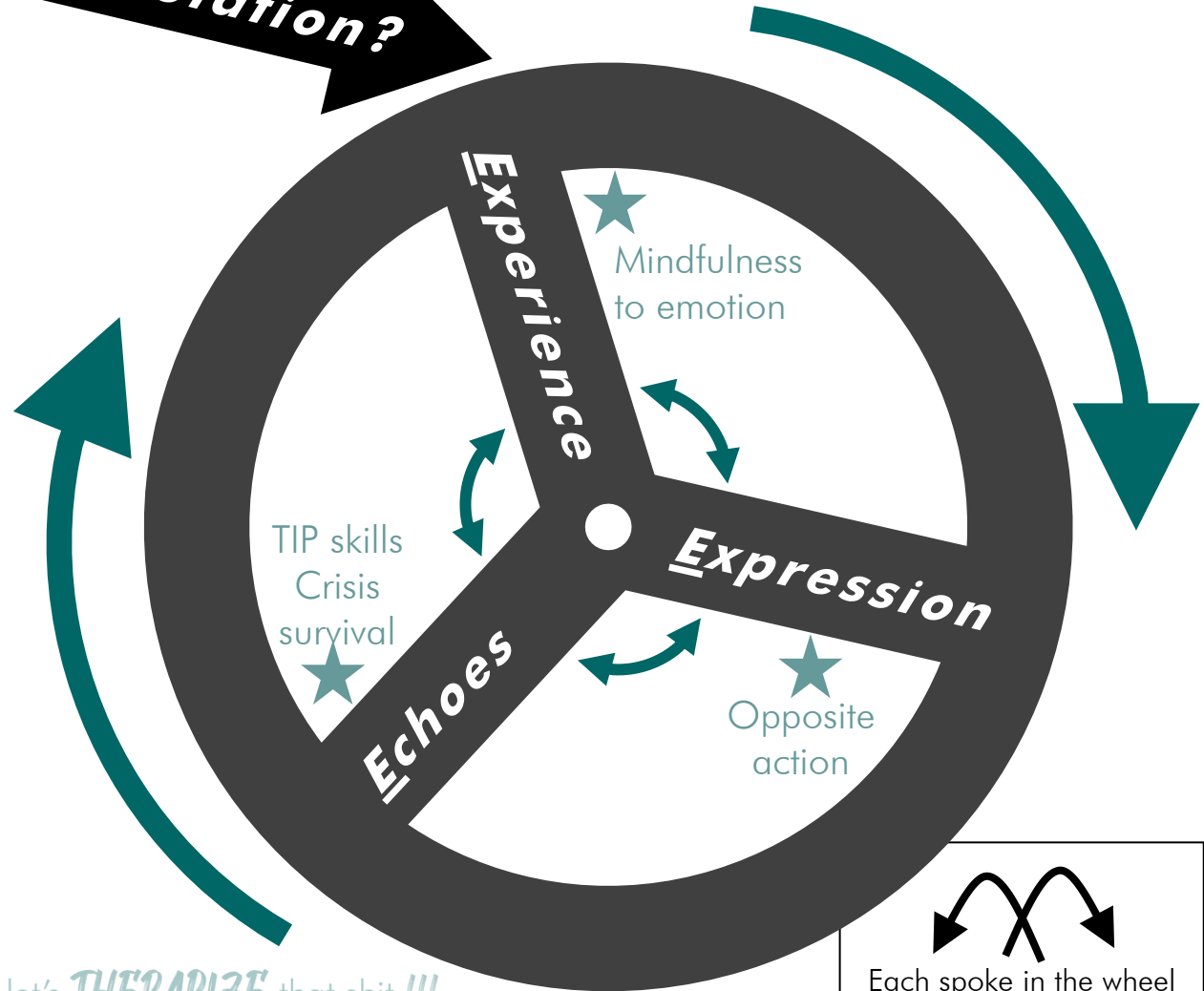
- physical / body sensations
- urges to act

EXPRESSION

- how I communicate my emotions to others
- what I say or do
- facial expressions, body language

ECHOES / AFTERAFFECTS

- protective in intention
- how my emotion influences my attention, mood, thinking, and behavior as the day goes on



let's **THERAPIZE** that shit !!!

Adapted from Bob Goettle at Maple Leaf DBT

Each spoke in the wheel can affect the others