

**Response
Options**

TO:

**EMOTIONAL DISTRESS
TRIGGER EVENT**

REACTION

CHOICE

JUDGEMENT

Interpretations
Assumptions
Comparisons
Assessing Value
Mind Reading
Distortions

MINDFULNESS

Check the Facts
Notice Emotions
and Sensations
Acceptance of
Present Moment.

**EMOTION
DISREGULATION**

Shame
Anger
Fight or Flight
Shut Down
Mood Alter

**EMOTION
REGULATION**

Radical Acceptance
Opposite Action
Breathing
Grounding