“DIAL DOWN” EXERCISE

Often, when we are upset, our emotions are very “high” or “intense.” You might imagine this as a dial set on “high.”

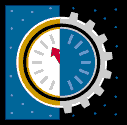
**Normal**



**High**

**Low**

1. When you are trying to “regulate” your emotions, or “turn your emotions down,” think of the dial and where “normal” is for you.
2. Then imagine yourself, “dialing down” from high emotions to normal or low intensity emotions.
3. While you are doing this, pay attention to your breathing, and try to take slow, deep breaths as a way to help you “dial down.”

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1. And finally, think about an image, a picture or a person that makes you feel calm or happy and try to hold onto that image until you feel in control of your emotions.

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