



What Makes It Hard to Regulate Your Emotions

01

Biology

Biological factors can make emotion regulation harder.

02

Lack of Skill

You don't know what to do to regulate your emotions.

03

Reinforcement of Emotional Behavior

Your environment reinforces you when you are highly emotional.

04

Moodiness

Your current mood controls what you do instead of your Wise Mind. You don't really want to put in time and effort to regulate your emotions.

05

Emotional Overload

High emotional arousal causes you to reach a skills breakdown point. You can't follow skills instructions or figure out what to do.