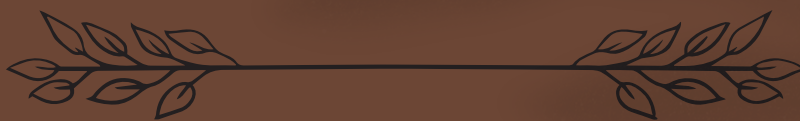


A decorative graphic at the top of the page featuring a light pink circle containing the word "Emotion" in a black cursive font. The circle is surrounded by several overlapping, swirling black lines that create a sense of movement and depth.

Emotion

Understanding the relationship between regulation and expression



Emotion regulation gets a lot of talk these days, especially in the therapy world. Rightly so, because it is an incredibly important skill and vital tool for psychological health. But wait...there's more!



Regulation is not the end of the story. Regulation is important when emotion expression isn't safe or possible. The missing piece for a lot of us? Revisiting the emotion that we regulated so we can express it!

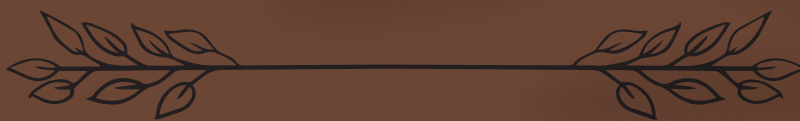




Regulation

Why are emotion regulation skills important?

We want to develop emotion regulation skills so that we aren't exploding in the drive through because our order is wrong. We want these skills so that our work stress isn't taken out on our partners, children or fellow commuters. We don't want to have to live our life with emotions powering over us.



Here's where we want to be careful- If we are only focusing on regulation we end up neglecting emotional expression. We are not trying to dismiss or dissociate from our emotional experience. We simply want to allow ourselves CHOICE on when, how, and with whom we express our emotions.



We are humans, not robots. Having access to the full spectrum of emotions is part of the beauty of who we are. Let's honor it.



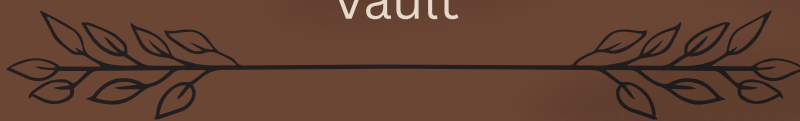


Expression

Emotion that is expressed is emotion that is not stored

When we aren't full of unexpressed (stored) emotion it's much easier for us to regulate! See how we came full circle there? If you find yourself afraid of beginning to really feel and be connected to your emotions-you're not alone. It's common to worry that if you were to open that vault; it would take you under. There's a bit of a backlog there and it feels big and scary. That's where therapy can be very helpful. You can get support as you're building the skill and working through the

vault



The big question-how do I do it?! Acknowledge, honor, move. First, acknowledge or name the emotion. Identify what you are actually feeling. Second, honor it by allowing it to take up space without being judged, dismissed or minimized.



Lastly, allow the emotion to move through and out of your body. This can be done with physical movement, art, music, journaling or talking, body work, etc. Find what movement works for you.

