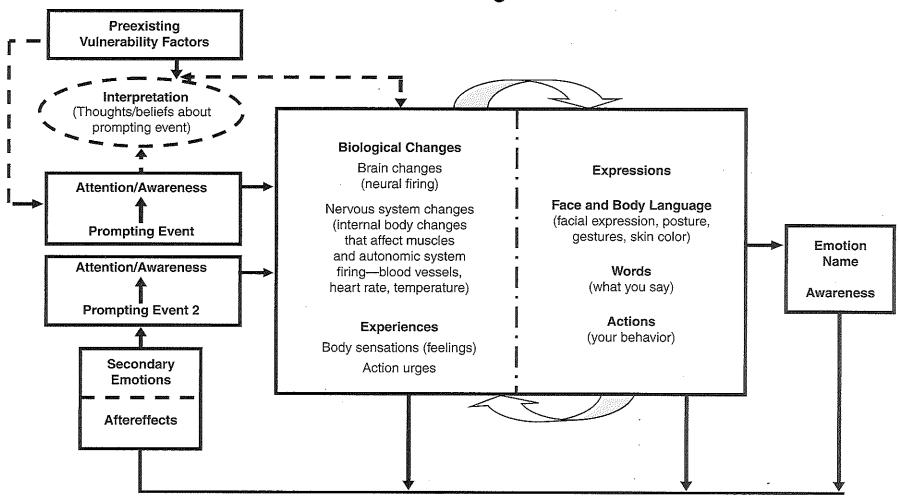
## **EMOTION REGULATION HANDOUT 5**



(Emotion Regulation Worksheets 4, 4a; pp. 281–282)

## **Model for Describing Emotions**



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