

DEALING WITH INTENSE EMOTION

T Tip the temperature of your body with cold/ice water



When our emotions are overwhelmingly intense, it's difficult for our brain to process info and calm ourselves down.

I Intense exercise for ~20 minutes



The TIPP skill comes from DBT and it uses your body chemistry to help slow your heart rate and regulate your breathing.

P Paced breathing (in for 4, hold for 4, out for 4, repeat)



As the TIPP skills are a "quick fix," make sure you don't overdo it. Rather, use the skills in a pinch to help the negative emotion pass.

P Progressive muscle relaxation



Tips Therapy Techniques

David G. Myers, Richard O. Straub



Tips Therapy Techniques:

Whispering the Secrets of Language: An Emotional Quest through **Tips Therapy Techniques**

In a digitally-driven earth where screens reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within words frequently move unheard. Yet, nestled within the pages of **Tips Therapy Techniques** a interesting fictional prize pulsating with organic feelings, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, this marvelous opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the mental depths of the poignant evaluation, we can embark upon a heartfelt exploration of the book is primary themes, dissect their fascinating writing type, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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