

# 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

**L Cohen**



## **Tips Therapy Techniques:**

## Whispering the Techniques of Language: An Psychological Quest through **Tips Therapy Techniques**

In a digitally-driven world where screens reign great and immediate transmission drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently get unheard. However, situated within the pages of **Tips Therapy Techniques** a captivating fictional treasure blinking with fresh feelings, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus encourages viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very material of each word. Within the emotional depths with this moving review, we will embark upon a honest exploration of the book is primary styles, dissect their charming writing style, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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