Emotion Naming and Function - Concept brief

Understand the idea behind emotion naming and function and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor notices frustration after a boundary is ignored.

The idea

Emotions carry information while action choices require context.

An ordinary example

Taylor notices frustration after a boundary is ignored.

What this can look like

Name a possible emotion, its cue, its urge, and the need or concern it may signal.

Check the fit

What is the emotion pointing toward, and what needs checking? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

What is the emotion pointing toward, and what needs checking?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A11-1