

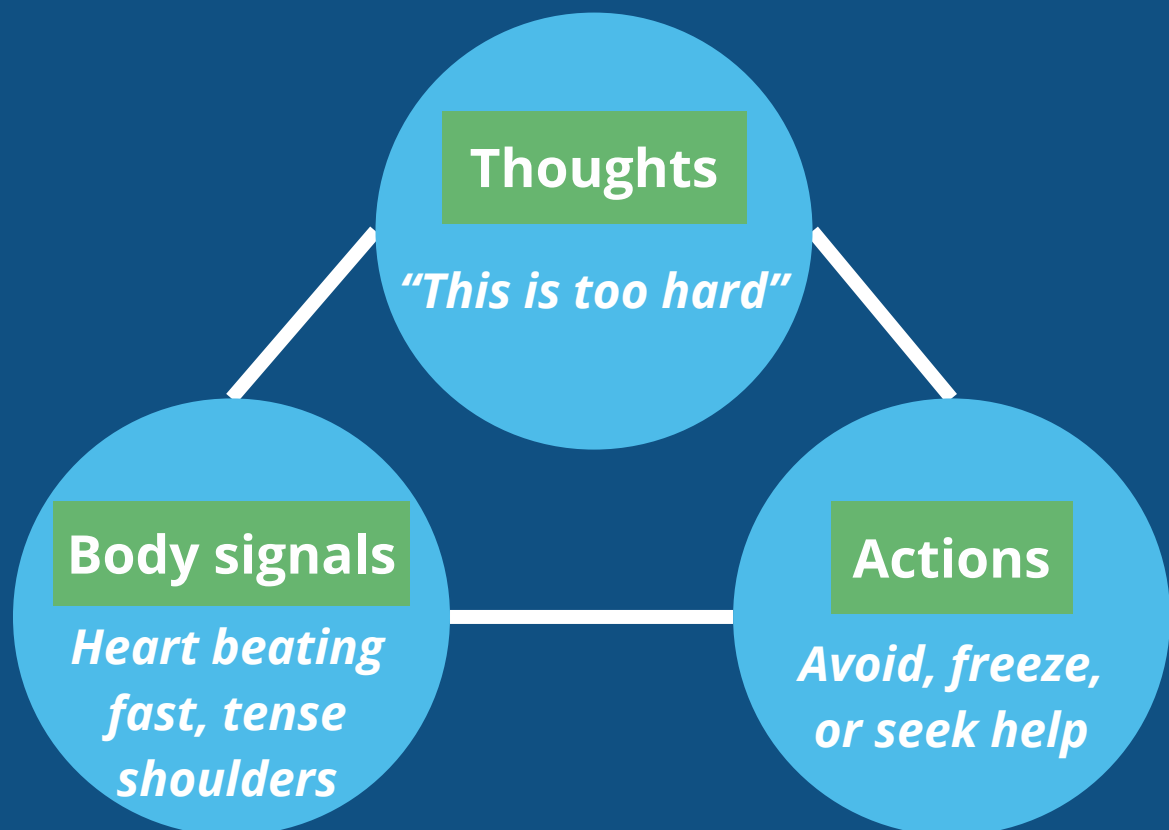


## Getting to Know Your Emotions

From Module 2 of the Unified Protocol for Children (UP-C): **Emotion Education**

Every emotion has 3 parts

Children often experience strong emotions before they have words or strategies to understand them



Understanding these three components allows children to:

- *Recognize emotional patterns*
- *Slow down their response*
- *Choose a different coping strategy*
- *Communicate their needs more clearly*

Don't miss your chance to learn about the UP-C and the UP-A in our online course led by Dr. Jill Ehrenreich-May.



# Detective Thinking: A CBT Skill for Flexible Thinking

*From Module 5 of the Unified Protocol for Adolescents (UP-A):*  
**Helping young people look at their thoughts with curiosity**



## Why it matters:

**Unhelpful thinking patterns** can intensify emotions like anxiety or sadness.

'Detective Thinking' helps young people step back, evaluate evidence, and respond more flexibly.

## Common Thinking Traps:

*Jumping to Conclusions*

*Ignoring the Positive*

*Thinking the Worst*

*Mind reading*

## Detective Thinking in 4 Steps:



**Notice the thought:** *What was going through your mind right before you started feeling that way?*



**Gather the evidence for and against it:** *What facts support this thought, and what facts might not fit with it?*



**Consider alternative explanations:** *If a friend were in your shoes, what else might they think is happening?*



**Choose a more balanced response:** *Given everything we noticed, what feels like a more realistic or balanced way of looking at this?*

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## Facing Feelings Through Action

*From Module 7 of the Unified Protocol for  
Adolescents (UP-A): **Situational Emotion Exposure***

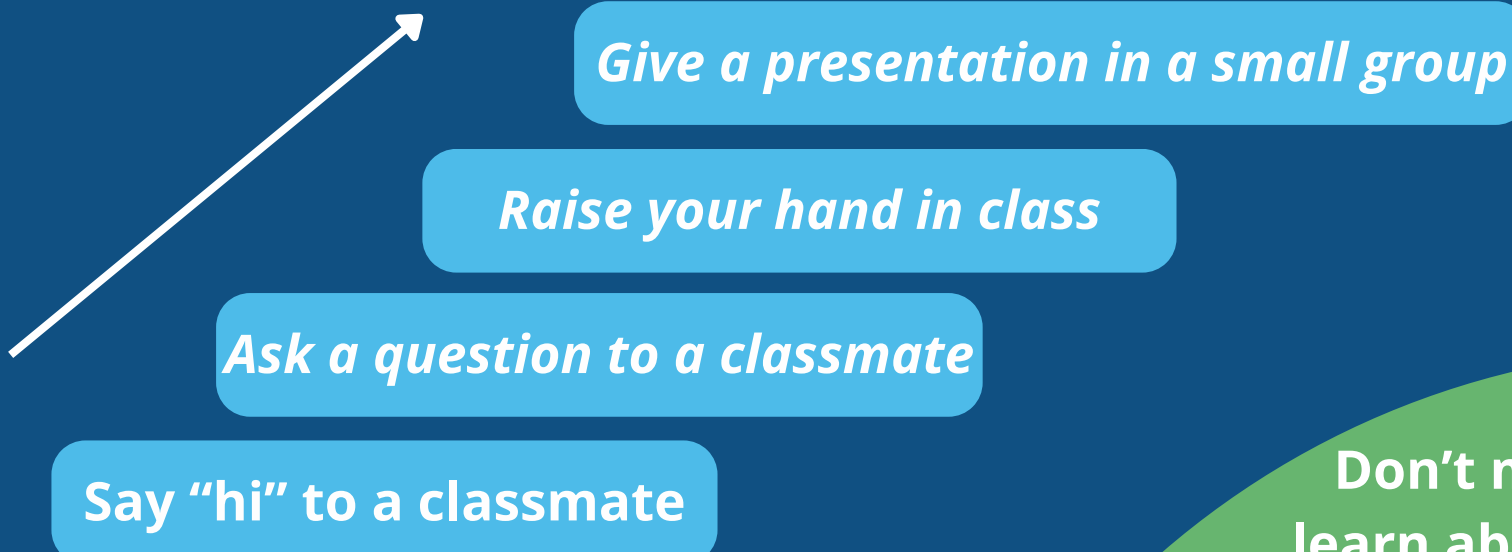
### Why exposure?

When we face what we fear, our brain learns that distress decreases naturally over time.  
Avoidance gives short-term relief but long-term anxiety.

### The Exposure steps:

-  *Identify avoided situations or triggers*
-  *Build a hierarchy (easy → hard)*
-  *Stay with the feeling long enough to notice it fades*
-  *Reflect on what you learned*

### Example of a Exposure ladder:



The goal isn't to eliminate fear, but to tolerate it without avoidance.

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