

## Build Mastery (BM)

- **CORE CONCEPT:** Complete tasks to feel competent and in control.

We all have those daily tasks that lead us to feel competent and in control when they are completed. The flip side is that, when these tasks build up, we feel more overwhelmed and out of control.

For example, basic activities of daily living (see Using ROUTINE (RO) in Module 9: Building a Satisfying Life) often need our attention. The following brief list includes basic Build Mastery activities for many of us:

- Hygiene (e.g., brushing teeth, cleaning self, wearing clean clothes)
- Doing the dishes
- Shopping for food and necessities
- Cleaning whatever needs it
- Doing laundry
- Accomplishing important tasks or chores
- Opening mail and/or paying bills
- Completing homework or work tasks
- Tending to our children and/or pets
- Maintaining a certain level of organization
- Answering emails and voice messages.

Describe daily tasks that help you feel competent and in control when completed:

---



---



---

Build Mastery skills also include taking on realistic challenges and working toward goals. Here are some examples:

- Practicing virtually any skill
- Developing a hobby
- Exercising
- Taking steps to resolve a problem

- ◆ Accomplishing tasks outside your comfort zone
- Dealing with an interpersonal issue
- Standing up for yourself
- Volunteering
- Doing your best in a tough situation.

Technically, any attempt to be effective or any accomplishment could be a Build Mastery technique.

Describe other ways you can Build Mastery:

---

---

---

Be mindful of your efforts and give yourself due credit. We frequently dismiss those things in life that we “should” be doing or are expected to do. We invalidate ourselves by saying those efforts are no big deal and are not worthy of recognition. Alternatively, we minimize their importance or get into judgments about what we did not do as a way to erase our efforts.

As a rule of thumb, if you tend to judge yourself when you think you have not made enough of an effort or have not accomplished something, then you deserve credit for the effort or accomplishment when you do try and when you get something done. Using Build Mastery skills helps us feel better, decreases our emotional vulnerability, and increases our self-respect.



# Emotion Regulation 3: Build Mastery

**CORE CONCEPT:** Use this worksheet to monitor the use of your Build Mastery skills.

Certain activities and behaviors lead to us feeling competent and in control (or overwhelmed and out of control when we neglect them). Build Mastery behaviors may vary day to day or week to week. Use the checklist spaces below to list your Build Mastery behaviors for today or this week, and be sure to check them off when they are completed. Notice how you feel before and after each accomplishment.

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_

Build Mastery behavior: \_\_\_\_\_

Distress/urge level before: \_\_\_\_\_ Distress/urge level after: \_\_\_\_\_