

DBT Emotion Regulation: PLEASE

Reducing physical vulnerability that can make emotions harder to regulate.

PLEASE focuses on body basics

- Treat physical illness and follow appropriate medical care.
- Eat in a way that supports stable energy rather than long gaps or chaotic intake when possible.
- Avoid or reduce substances that worsen mood, sleep, or impulse control.
- Support balanced sleep.
- Get movement or exercise appropriate for your body and health.

Why it matters

Emotion regulation is harder when the body is depleted. PLEASE does not cure emotional problems, but it can raise the threshold before stress becomes overwhelming.

Use realistically

Aim for improvement rather than perfection. Choose the body-based vulnerability factor that is having the largest effect right now.

Try this reflection

Which physical factor most often makes your emotions harder to manage: illness, food, substances, sleep, or inactivity?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.