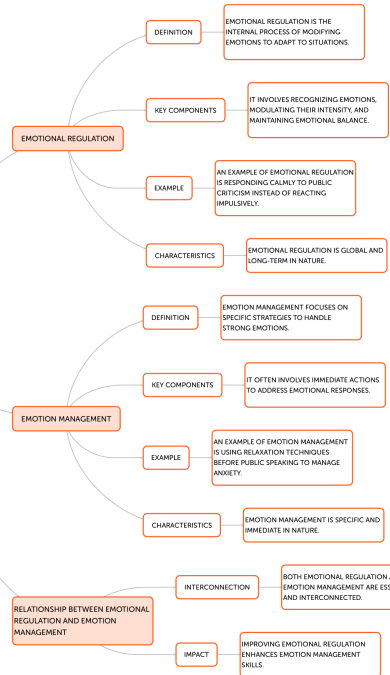
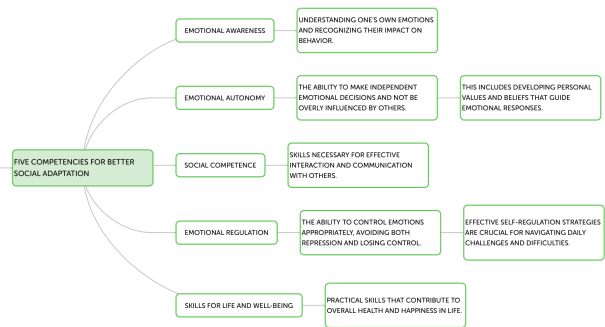


SKILL 6: EMOTION REGULATION

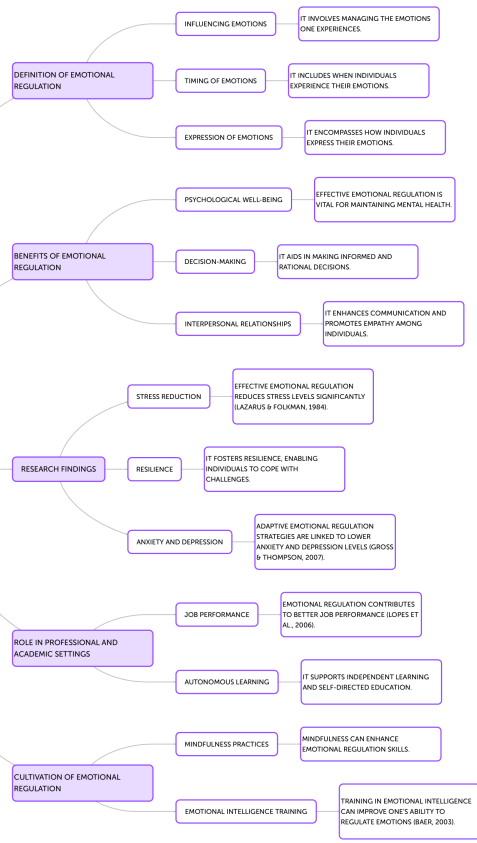
1. DIFFERENCE BETWEEN EMOTIONAL REGULATION AND EMOTION MANAGEMENT



2. THEORETICAL CONCEPT BY BISQUERRA (2012)



3. IMPORTANCE OF EMOTIONAL REGULATION IN LIFE



5. BIBLIOGRAPHIC REFERENCES



4. EMOTIONAL REGULATION STRATEGIES

