

# Emotion Regulation Worksheet

## 1. Identifying Emotions

- Describe the situation that led to a significant emotional response:

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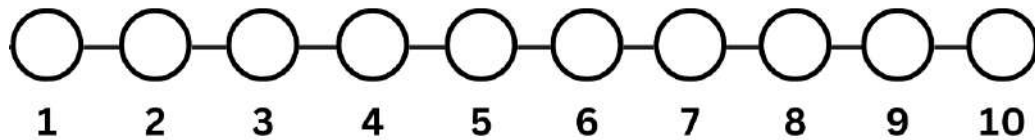
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- What emotion(s) did you feel?:

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- Rate the intensity of your emotion(s) on a scale of 1-10:



## 2. Understanding Your Responses

- What were your initial thoughts during this emotional experience?:

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- How did you react physically? (e.g., heart racing, tightness in chest):

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- What actions did you take in response to this emotion?:

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### **3. Emotion Regulation Strategies**

The following are some suggestions. Check off the ones you find helpful or add more to the list:

- Focusing on your breath to center yourself in moments of distress.
- Reframing a situation to view it in a more positive or neutral light.
- Writing about your feelings to process and understand them better.
- Stepping away from a stressful situation to cool down and gather your thoughts.
- Engaging in physical activity to reduce stress and improve mood.
- Identifying a problem and brainstorming practical solutions.
- Reaching out to friends, family, or a support group for understanding and assistance.
- Finding humor in a situation to lighten the mood and gain perspective.
- Using strategies like counting to ten or writing down feelings to manage anger.
- Letting go of resentment towards others or oneself to move forward.
- Spending time in natural settings to reduce stress and improve mood.
- Breathing in through the nose and out through a straw to slow down breathing and induce calm.

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#### **4. Planning for Future Emotional Regulation**

- Identify triggers that commonly lead to intense emotional responses:

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- Choose one emotion regulation strategy you will commit to practicing the next time you encounter a similar emotional trigger:

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- Describe a specific situation where you can foresee applying this strategy:

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