

EMOTIONAL REGULATION WORKSHEET

SECTION 1: THE REGULATION PROCESS



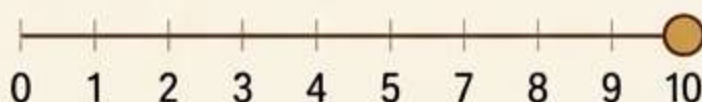
1. What am I feeling? (Name the emotion as specifically as you can)

Name _____

Name _____



2. How intense is it? (Rate it from 0–10)



3. What is happening right now?

(Describe the situation without judging yourself)

4. What is this emotion pushing me to do?

(Notice the urge before acting on it)



5. What would help me respond well? (Consider whether you need time, information, a boundary, movement, rest, connection, or a conversation)

☐ Take a short walk

☐ Set a boundary

☐ Wait to reply

☐ Hold fix someone

☐ Set a boundary

Notes: _____

☐ Talk to someone

Emotional regulation is about processing, not getting rid of an emotion. Learn your signals!

SECTION 2: REFLECTION AFTER THE EMOTION HAS PASSED

6. What helped the intensity change? _____

7. What made it worse? _____

8. Did my response match what I actually needed? _____

9. What would I try differently next time? _____

