

EMOTIONAL REGULATION



1. What happened immediately before I reacted more strongly than I expected?

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2. What did I want to do in that moment, and what did I actually do?

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3. What thought made my emotion feel stronger?

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4. If I could pause for five minutes before responding, what would I want to understand first?

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5. What is one response to this situation that protects my boundaries without making the situation worse?

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6. When I'm overwhelmed, what coping habit helps me recover, and which habit usually makes things harder?

..... Help ☐

..... Hinder ☐

