

EMOTION

REGULATION

WORKSHEET

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The Emotion Regulation Worksheet is a step-by-step approach to identifying our emotions in a clear and unbiased manner.

Adapted from Marsha Linehan's, a famous American psychologist and the creator of Dialectical Behavior Therapy, manual.

This worksheet helps in delving deep into the causes and consequences of an intense affective response.

With simple questions that indicate functionality of the emotion, this self-help manual let us gauge how powerful our emotions can be.

EMOTION REGULATION WORKSHEET

1. WHAT LED TO THE SITUATION?

2. HOW DID YOU INTERPRET THE SITUATION?

3. HOW INTENSE WERE YOUR EMOTIONS, ON A SCALE OF 1-10?

4. DID YOUR EMOTION INFLUENCE OTHERS' ACTIONS?
IF YES, HOW?

5. DID YOUR EMOTION INFLUENCE YOUR ACTIONS?
IF YES, HOW?

6. DID YOUR EMOTIONS INFLUENCE YOUR JUDGEMENT?
IF YES, HOW?

REFLECT BACK ON THIS PROCESS WITHOUT ANY JUDGEMENT. CHECK IN AND SEE HOW YOU'RE FEELING. IF YOU NEED OT PROCESS THIS EMOTION FURTHER, YOU CAN ALWAYS COME BACK TO THIS