Emotional Regulation Worksheet

Room between the feeling and what you do next. Five short steps for one strong moment.



WHY IT HELPS

A strong feeling pushes you to act fast. Writing the moment down step by step slows it, so you can notice the urge and choose a response you still agree with later. Over a few weeks the pages show what sets you off and which skills bring you down.

HOW TO USE IT

Name	Name the feeling and rate it 0 to 10.
Notice	Write the body clues and the urge.
Choose	Use one skill, then rate it again.

INSIDE

2	A filled-in example
3	My strong moment
4	My skills menu
5	My week in review

Write it after the peak if you need to. Filling it in an hour later still works, and the weekly review shows the patterns.

DATE AND TIME
Thursday, 4:40 pm

WHERE I WAS
Library, after class

1 What happened

Facts only, as a camera would see it.

A classmate wrote in our group chat that my part of the project was late. It was not late.

2 Name it and rate it

Pick one or more words, then rate how strong it is.

Angry | Scared | Sad | **Ashamed** | Hurt | Jealous | Overwhelmed | OTHER

HOW STRONG, 0 TO 10: 0 1 2 3 4 5 6 7 **8** 9 10

3 Body clues and the urge

WHERE I FEEL IT IN MY BODY
Hot face, tight jaw, typing fast

WHAT I WANT TO DO RIGHT NOW
Send a sharp reply to the whole group

4 Pause and choose

Use the skills menu on page 4.

THE SKILL I USED
Walked outside for ten minutes, breathed out slowly

WHAT I DID INSTEAD OF THE URGE
Wrote a short reply with the upload time, sent it later

5 Check after

HOW STRONG NOW, 0 TO 10: 0 1 2 3 **4** 5 6 7 8 9 10

WHAT I WILL TRY NEXT TIME
Mute the chat for an hour before I answer.

Ask the group to check the shared folder first.

If you have thoughts of harming yourself, get help now. In the US or Canada, call or text 988. If anyone is in immediate danger, call 911 or the emergency number where you live.

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WHERE I WAS

1 What happened

Facts only, as a camera would see it.

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OTHER

HOW STRONG, 0 TO 10

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

3 Body clues and the urge

WHERE I FEEL IT IN MY BODY

WHAT I WANT TO DO RIGHT NOW

4 Pause and choose

Use the skills menu on page 4.

THE SKILL I USED

WHAT I DID INSTEAD OF THE URGE

5 Check after

HOW STRONG NOW, 0 TO 10

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

WHAT I WILL TRY NEXT TIME

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My skills menu

Tick the skills that work for you. Pick something that fits your setting and health. When you feel ready, think through what happened.

Calm the body

- [ ] Make each breath out longer than the breath in, ten times
- [ ] Notice the feel of your feet on the floor
- [ ] Walk or move in a way that is comfortable
- [ ] Squeeze your fists and shoulders, then let go
- [ ] MY OWN

Change the setting

- [ ] Leave the room for a few minutes
- [ ] Put the phone face down for an hour
- [ ] Go where other people are
- [ ] Put on music that matches the mood you want
- [ ] MY OWN

Think it through

- [ ] Check the facts: what do I know for sure?
- [ ] What would I tell a friend in this spot?
- [ ] Will this matter in a week?
- [ ] Name the urge, then consider a safe alternative
- [ ] MY OWN

Reach out

- [ ] Text or call someone I trust
- [ ] Ask for a short break
- [ ] Write it down for my therapist
- [ ] Say how I feel in one sentence
- [ ] MY OWN

Solve it

- [ ] Write the one next step
- [ ] Wait until I can choose my reply
- [ ] Ask for what I need, kindly and clearly
- [ ] Let it go if I cannot change it
- [ ] MY OWN

My top three

My week in review

Once a week, copy each strong moment into a row. Look for the same triggers, times and skills.

DAY	WHAT SET IT OFF	FEELING	BEFORE	SKILL	AFTER

PATTERNS I NOTICE

SKILLS THAT WORKED BEST

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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