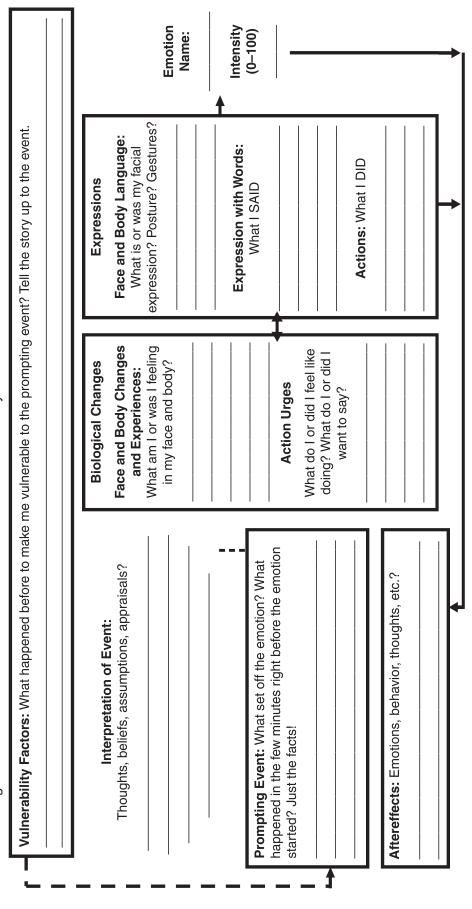
EMOTION REGULATION WORKSHEET 4

(Emotion Regulation Handouts 5, 6)

Observing and Describing Emotions

Due Date:	Name: Wee	Week Starting:
Select a current or	Select a current or recent emotional reaction, and till out as much of this she	, and till out as much of this sheet as you can. If the prompting event for the emotion you are
working on is anoth	other emotion that occurred first (e.g., fear prompted anger	working on is another emotion that occurred first (e.g., fear prompted anger at yourself), then fill out a second worksheet for the first emotion.
Use Emotion Regu	Use Emotion Regulation Handout 6 for ideas. Write on the back of this sheet if you need more room.	t if you need more room.



From DBT Skills Training Handouts and Worksheets, Second Edition, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of DBT Skills Training Manual, Second Edition, for personal use and use with individual clients only. (See page ii of this packet for details.)