

EMOTION REGULATION WORKSHEET 4

([Emotion Regulation Handouts 5, 6](#))

Observing and Describing Emotions

Due Date: _____ Name: _____ Week Starting: _____

Select a current or recent emotional reaction, and fill out as much of this sheet as you can. If the prompting event for the emotion you are 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 Regulation Handout 6 for ideas. Write on the back of this sheet if you need more room.

Vulnerability Factors: What happened before to make me vulnerable to the prompting event? Tell the story up to the event.

Interpretation of Event:

Thoughts, beliefs, assumptions, appraisals?

Prompting Event: What set off the emotion? What happened in the few minutes right before the emotion started? Just the facts!

Aftereffects: Emotions, behavior, thoughts, etc.?

Biological Changes

Face and Body Changes and Experiences:

What am I or was I feeling in my face and body?

Action Urges

What do I or did I feel like doing? What do I or did I want to say?

Expressions

Face and Body Language:

What is or was my facial expression? Posture? Gestures?

Expression with Words:

What I SAID

Actions: What I DID

Emotion Name:

Intensity (0–100)