

EMOTION REGULATION WORKSHEET

Mindfulness of Your Current Emotion: Letting Go of Emotional Suffering

Identify a negative emotional reaction this week and practice the following steps:

1. Briefly describe the situation leading to your emotion:
2. What is the emotion name? _____
3. Observe your emotion. Step back from the emotion and describe the experiences (i.e. thoughts, urges, body sensations and what parts of your body are involved).
4. Identify and describes any parts of the experience that come and go like a wave (e.g., thoughts, body sensations, urges), and describe your efforts to let them come and go without trying to push away or cling to these experiences.
5. Explain how it is that you are not your emotion and how you can have an emotional urge without acting on it.
6. How long did it take for your worry about this emotion to go down?
7. Describe parts of your emotional reaction that you are open to accepting:
8. Rate how much you were suffering from this emotion before and after practicing this skill (0-100; 0 = no suffering, 100 = extreme suffering). Pre_____/Post_____