

8.4 Self-Regulation Technique Effectiveness Tracker

1. Fill in the date and time when you used a self-regulation technique
2. Check the stress symptoms you were experiencing
3. Select which technique you used
4. Identify which stress-relief mechanism you were targeting
5. Rate your immediate response (1-5 stars)
6. Rate how you felt 30 minutes later (1-5 stars)
7. Add any additional observations in the notes column

Rating Scale*

- **1★**: No improvement or worse than before
- **2★**: Slight improvement, but stress still present
- **3★**: Moderate improvement, noticeable difference
- **4★**: Significant improvement, mostly relieved
- **5★**: Complete relief, feeling fully regulated

Date	Time	Stress Symptoms	Technique Used	Target Mechanism	Immediate Effect (1-5★)	Effect After 30 Min (1-5★)	Notes
		<input type="checkbox"/> Racing thoughts <input type="checkbox"/> Muscle tension <input type="checkbox"/> Rapid heartbeat <input type="checkbox"/> Shallow breathing <input type="checkbox"/> Difficulty focusing <input type="checkbox"/> Other: _____	<input type="checkbox"/> Endorphin Booster <input type="checkbox"/> Energy Releaser <input type="checkbox"/> Sleep Preparer <input type="checkbox"/> Mind Clearer <input type="checkbox"/> Other: _____	<input type="checkbox"/> Physical release <input type="checkbox"/> Mental distraction <input type="checkbox"/> Emotional regulation <input type="checkbox"/> Energy redirection	<input type="radio"/> 1★ <input type="radio"/> 2★ <input type="radio"/> 3★ <input type="radio"/> 4★ <input type="radio"/> 5★	<input type="radio"/> 1★ <input type="radio"/> 2★ <input type="radio"/> 3★ <input type="radio"/> 4★ <input type="radio"/> 5★	
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