



Emotional Regulation Journal

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Emotional Regulation Journal



Your mental health journey starts here

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12/4/2023

A happy day



1/5/2024

A sad day



4/5/2024

A mediocre day



Add Entry

Title

Date

Description

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From

To

In the journey of emotional regulation, understanding the nuances of our feelings is vital. This journal helps to identify patterns and triggers, offering insights into emotional responses. By documenting experiences, one can develop healthier coping mechanisms and enhance emotional intelligence.

**Are you sure you want to
delete A happy day?**

Yes

Cancel