

## EMOTION REGULATION WORKSHEET 2

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([Emotion Regulation Handout 3](#))

### Figuring Out What My Emotions Are Doing for Me

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 (for example, feeling afraid prompted getting angry at yourself), then fill out a second worksheet for that first emotion. Write on the back of the sheet if you need more room. Remember to use your describe skills for each question.

**EMOTION NAME:** \_\_\_\_\_ **INTENSITY (0–100):** \_\_\_\_\_

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#### Describe Prompting Event

What happened to prompt this emotion?

#### Describe Motivation to Action

What action was my emotion motivating and preparing me to do? (Was there a problem my emotion was getting me to solve, overcome, or avoid?) What function or goal did my emotion serve?

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#### Describe Communication to Others

What was my facial expression? Posture? Gestures? Words? Actions?

What message did my emotion send to others (even if I didn't intend to send the message)?

How did my emotion influence others (even if I didn't intend to influence them)? What did others do or say as a result of my emotional expression or actions?

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#### Describe Communication to Myself

What did my emotion say to me?

What facts could I check out to be sure the message my emotions were sending to me was correct?

What facts did I check out?

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## 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.

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|---|--|--|---|--|---|---|
| <p><b>Vulnerability Factors:</b> What happened before to make me vulnerable to the prompting event? Tell the story up to the event.</p> <hr/> <hr/>                 | <p><b>Interpretation of Event:</b><br/>Thoughts, beliefs, assumptions, appraisals?</p> <hr/> <hr/> <hr/> <hr/> | <p><b>Biological Changes</b><br/><b>Face and Body Changes and Experiences:</b><br/>What am I or was I feeling in my face and body?</p> <hr/> <hr/> <hr/> <hr/> | <p><b>Expressions</b><br/><b>Face and Body Language:</b><br/>What is or was my facial expression? Posture? Gestures?</p> <hr/> <hr/> <hr/> <hr/> <p><b>Expression with Words:</b><br/>What I SAID</p> <hr/> <hr/> <hr/> <hr/> | <p><b>Action Urges</b><br/>What do I or did I feel like doing? What do I or did I want to say?</p> <hr/> <hr/> <hr/> <hr/> | <p><b>Actions:</b> What I DID</p> <hr/> <hr/> <hr/> <hr/> | <p>Emotion Name: _____</p> <p>Intensity (0–100) _____</p> |
| <p><b>Prompting Event:</b> What set off the emotion? What happened in the few minutes right before the emotion started? Just the facts!</p> <hr/> <hr/> <hr/> <hr/> | <p><b>Aftereffects:</b> Emotions, behavior, thoughts, etc.?</p> <hr/> <hr/> <hr/> <hr/>                        |  |   |  |   |   |