

EMOTION REGULATION WORKSHEET 16

([Emotion Regulation Handout 24](#))

Troubleshooting Emotion Regulation Skills

Due Date: _____ Name: _____ Week Starting: _____

When you just can't get your skills to work, try doing this worksheet to see if you can figure out what is going wrong. Check off each box in order, follow the directions and keep going until you find a solution.

EMOTION NAME: _____ **INTENSITY (0–100) Before:** _____ **After:** _____

List the skill you were trying to use that did not seem to help: _____

1. Am I biologically more vulnerable?

- ☐ **NO:** Go to next question.
- ☐ **NOT SURE:** Review the PLEASE skills. (*See Emotion Regulation Handout 20.*)
- ☐ **YES:** Work on PLEASE skills. (*See Emotion Regulation Worksheet 14.*) Consider medication.
Did this help? ☐ **No** (*Go to next question*) ☐ **Yes (Fabulous)** ☐ **Didn't do it**

2. Did I use the skill correctly? Check out the instructions.

- ☐ **YES:** Go to next question.
- ☐ **NOT SURE:** Reread the instructions or get coaching. TRY AGAIN.
Did this help? ☐ **No** (*Go to next question*) ☐ **Yes (Fabulous)** ☐ **Didn't do it**

3. Are my emotions being reinforced (and maybe I don't really want to change them)?

- ☐ **NO:** Go to next question.
- ☐ **NOT SURE:** Review Emotion Regulation Handout 3/Worksheets 2, 2a.
- ☐ **YES:** Do a PROS and CONS for changing emotions. (*See Emotion Regulation Worksheet 1.*)
Did this help? ☐ **No** (*Go to next question*) ☐ **Yes (Fabulous)** ☐ **Didn't do it**

4. Am I putting in the time and effort that emotion regulation takes?

- ☐ **YES:** Continue practicing.
- ☐ **NO:** Practice radical acceptance and willingness. (*See Distress Tolerance Handouts 11b and 13.*)
Practice participating and effectiveness. (*See Mindfulness Handouts 4 and 5.*)
Use problem solving to find the time to work on skills. (*See Emotion Regulation Worksheet 8.*)
Did this help? ☐ **No** (*Go to next question*) ☐ **Yes (Fabulous)** ☐ **Didn't do it**

5. Are my emotions too extreme right now for skills? Am I going around in so many circles that I have fallen into the emotional sea of dyscontrol?

- ☐ **NO:** Go to next question.
- ☐ **YES:** If possible *now*, solve the problem. (*See Emotion Regulation Handout 12, Worksheet 9.*)
If not possible, *attend to physical sensations*. (*See Emotion Regulation Handout 22.*)
If too extreme for skills, go to TIP skills. (*See Distress Tolerance Handout 5.*)
Did this help? ☐ **No** (*Go to next question*) ☐ **Yes (Fabulous)** ☐ **Didn't do it**

6. Are myths about emotions and emotion regulation getting in my way?

- ☐ **NO.**
- ☐ **YES:** Practice nonjudgmentalness. Check the facts and challenge the myths.
Did this help? ☐ **No** ☐ **Yes (Fabulous)** ☐ **Didn't do it**