

How To Self-Regulate

You can feel triggered at any time, and knowing how to self-regulate is crucial for maintaining mental well-being. Triggers can stem from various sources, including past traumas, stressful situations, or unexpected events. When we don't manage our reactions, it can lead to heightened anxiety, emotional outbursts, and strained relationships. Understanding and practicing self-regulation techniques can help you stay calm and centered. Use this worksheet to learn and practice these essential techniques, ensuring you can handle triggers effectively whenever they arise.

Identifying Emotions

Step 1: Label Your Emotions

What emotion are you feeling right now?

I feel _____ because _____.

Step 2: Rate the Intensity

On a scale of 1 to 10, how intense is this emotion?

Intensity: ____

Opposite Action

Step 3: Identify the Opposite Action

- What is the opposite action of what you feel like doing?
 - If you feel like withdrawing, try engaging with others.
 - If you feel like avoiding a task, try taking a small step towards it.

Step 4: Practice the Opposite Action

- Describe the opposite action you will take:
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Ground Yourself

- **5-4-3-2-1 Technique:**
 - Name 5 things you can see.
 - Name 4 things you can touch.
 - Name 3 things you can hear.
 - Name 2 things you can smell.
 - Name 1 thing you can taste.
- **Deep Breathing:**
 - Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and pause for 4 seconds. Repeat.

Self-Sooth

- **Cold Shock:**
 - Splash cold water on your face or take a cold shower. The sudden change in temperature can help reset your nervous system and bring a sense of calm
- **Positive Self-Talk:**
 - Reassure yourself with calming phrases like, "This is a temporary situation," or "I can handle this." Positive affirmations can help shift your mindset

