

Emotional Regulation Checklist

Date: _____ dd / mm / yyyy

I. AWARENESS: RECOGNIZING EMOTIONS

Identify Emotions: List the primary emotions you are feeling.

- ☐ Joy
- ☐ Sadness
- ☐ Anger
- ☐ Fear
- ☐ Disgust
- ☐ Surprise

II. TRIGGERS: UNDERSTANDING THE SOURCE

Identify Triggers: Identify specific events or situations that triggered your emotions.

External Factors: Note any external factors contributing to your emotions (e.g., work stress, relationships).

Internal Factors: Consider any internal factors (e.g., fatigue, hunger) influencing your emotional state.

III. THOUGHTS: EXAMINING COGNITIVE PATTERNS

Automatic Thoughts: List automatic thoughts that accompanied your emotions.

Cognitive Distortions: Check for common cognitive distortions (e.g., catastrophizing, black-and-white thinking).

Realistic Thinking: Challenge and reframe negative thoughts with more balanced and realistic alternatives.

IV. BODY SENSATIONS: NOTICING PHYSICAL RESPONSES

Physical Sensations: Identify any physical sensations associated with your emotions (e.g., tense muscles, rapid heartbeat).

Breathing: Assess the quality of your breathing and make adjustments if needed (e.g., deep breaths, slow breathing exercises).

V. BEHAVIORAL RESPONSES: ACTIONS AND REACTIONS

Behavioral Reactions: Record your initial behavioral responses to the emotions.

Alternative Actions: Consider alternative, healthier actions or coping strategies for managing the emotions.

VI. COPING STRATEGIES: IMPLEMENTING HEALTHY TECHNIQUES

Mindfulness: Engage in mindfulness exercises to stay present and grounded.

Self-Compassion: Practice self-compassion and self-kindness.

Social Support: Seek support from friends, family, or a therapist.

Physical Activity: Incorporate physical activity to release built-up tension.

VII. REFLECTION: AFTERMATH AND LEARNING

Post-Emotional State: Reflect on how you feel after implementing coping strategies.

Learning Points: Identify lessons learned from the experience and strategies that worked.

VIII. FUTURE PLANNING: BUILDING EMOTIONAL RESILIENCE

Preventive Strategies: Plan preventive strategies to manage similar situations in the future.

Self-Care: Schedule self-care activities to promote emotional well-being.

Progress Review: Regularly review and update your emotional regulation checklist.