

Regulating Emotions Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Identify a situation and determine the corresponding emotion you typically experience. Rate the intensity of the emotion on a scale of 1 to 10, with 1 being the lowest intensity and 10 being the highest. Explore different strategies that can help you regulate and manage that particular emotion. Write down the strategies you plan to implement in each situation to effectively regulate your emotions.

Situation 1:

Emotion:

Intensity: _____

Strategies for regulating emotions:

Situation 2:

Emotion:

Intensity: _____

Strategies for regulating emotions:

Situation 3:

Emotion:

Intensity: _____

Strategies for regulating emotions:

Situation 4:

Emotion:

Intensity: _____

Strategies for regulating emotions:

Additional notes - Specify below: