

Self Regulation Worksheets

This Self-Regulation Worksheet is designed for your personal reflection and growth. Take the time to honestly and openly explore your emotions, thoughts, and behaviors. The goal is to enhance your self-awareness and develop strategies for effective self-regulation. Please complete the following sections and use this worksheet regularly as a tool for personal development.

Name: _____ Date: _____ dd / mm / yyyy

SECTION 1: EMOTIONAL AWARENESS

Identify Emotions

Triggers

Physical Sensations

SECTION 2: COGNITIVE AWARENESS

Thought Patterns

Cognitive Distortions

Positive Affirmations

SECTION 3: BEHAVIORAL REGULATION

Behavioral Patterns

Behavioral Alternatives

SECTION 4: COPING STRATEGIES

Mindfulness and Relaxation Techniques

Social Support

SECTION 5: REFLECTION AND GOAL SETTING

Weekly Reflection

Long-term Goals