

# Regulating Emotions Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

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

Situation	Emotion	Intensity	Strategies for regulating emotions
(Describe the event or trigger)	(Include both primary and secondary emotions)	(Rate how strongly you feel it)	(List ways to manage the emotion)

## Additional notes