

Self Regulation Worksheet

Name:	Age:
Therapist name:	Date:

Instructions: This Self Regulation Worksheet is designed for your personal reflection and growth. Try 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.

I. Emotional awareness

Identify emotions
Identify key emotions you have been experiencing the past few weeks
Triggers
What are some events or experiences that triggered these feelings
Sensations
How long did the feeling last? Were there any physical sensations?
Modification
Do you have control over any of the negative feelings? How can you change them? If you can't change them, how can you tolerate them better?

II. Cognitive awareness

Thought patterns

Identify any key thought patterns you have been experiencing in the past few weeks. Are any of them linked to the emotions identified above?

Cognitive distortions

Work with your therapist to identify any cognitive distortions associated with these thoughts (e.g. overgeneralization, emotional reasoning)

Cognitive alternatives

How can you combat these distortions? What positive affirmations might help dispel them?

III. Behavioral regulation

Behavioral patterns

Identify any maladaptive behaviors that you have repeatedly performed in the last few weeks. Why did you behave in that way? Were you acting on any feelings?

Behavioral alternatives

How would you like to modify your behavior? How will these alternatives better serve you?

Behavioral regulation practice

How or where can you practice these changes? What can you do to help you stick to these changes?

IV. Coping strategies

Self regulation becomes more difficult under stress. What are the strategies you can use to enhance emotional, cognitive, and behavioral regulation in difficult situations?

Mindfulness and relaxation techniques
Social support
Cognitive strategies or affirmations
Emotional strategies or affirmations
Other strategies

V. Reflection and goal-setting

Reflection

Reflect on this session. Did any new insights come up? Do you feel you have made progress since the last session?

Long-term goals

What are your long-term goals? What specific self regulation skills do you need to improve on to achieve them?

Short-term goals

What are the self regulation skills or goals you plan to work on between now and the next session?

Therapist notes