

DBT Worksheet: Emotion Regulation Worksheet

Client Information:

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Examination:

Instructions: This worksheet is designed to help you identify and regulate your emotions effectively. Take time to reflect on your current emotional state and work through the following exercises to develop healthier strategies for managing your emotions.

I. Emotion Identification: Write down three emotions you are currently experiencing. Be specific and descriptive.

1.

2.

3.

II. Emotion Triggers: Identify the situations, events, or thoughts that trigger each emotion you listed above. Write them down below.

Emotion 1: Trigger(s)

Emotion 2: Trigger(s)

Emotion 3: Trigger(s)

III. Cognitive Restructuring: Challenge and reframe negative or unhelpful thoughts associated with the identified emotions. Replace them with more balanced and rational thoughts.

Emotion 1:

Negative Thought:

Balanced Thought:

Emotion 2:

Negative Thought:

Balanced Thought:

Emotion 3:

Negative Thought:

Balanced Thought:

IV. Coping Strategies: List three healthy coping strategies you can use when experiencing each emotion. These strategies should help you regulate and manage your emotions positively.

Emotion 1:

1.

2.

3.

Emotion 2:

1.

2.

3.

Emotion 3:

1.

2.

3.

V. Self-Care Plan: Outline three self-care activities or practices you can engage in regularly to maintain emotional well-being and prevent emotional overwhelm.

1.

2.

3.

Remember to revisit this worksheet whenever you need to regulate your emotions or develop new coping strategies. Consistent practice and application of these techniques will support your emotional growth and resilience.