Emotion Regulation DBT Worksheet

Name: Reggie Buck Date: 11/08/2022

Date	What was the event?	What emotion did you feel in response to the event?	What interpretations or assumptions did you make about the event?	Should the event have triggered that emotion in you? Did the response match the facts of the event?	What emotion do you think would have been a more appropriate response?
11/09/22	My friend cancelled his plans with me for the weekend. We were supposed to go to a movie but now he can't come.	Angry, frustrated, disappointed.	That he doesn't want to be my friend and that all my friends treat me badly because they don't like me.	I think it's fair to be disappointed but it wasn't my friends fault that the plans changed.	I should have been more understanding and shouldn't have been angry. Empathy and disappointment are more appropriate responses.
11/11/22	My girlfriend went to a party last night and there were other guys there I didn't know.	I was angry and lashed out at my girlfriend when she got home.	I assumed she would cheat on me with the other guys there.	No, it was a completely irrational response.	I should have trusted her. A more appropriate responses would be to talk to her calmly about my anxiety but trust her to do the right thing.
11/13/22	I didn't do well on an exam that I thought I would've passed.	I was angry at my teacher and I felt cheated. The test was too hard and it wasn't fair.	I assumed my teacher made the test hard on purpose so that it would be hard to pass and so that he would feel smarter than us.	It's okay to be disappointed but I shouldn't blame the teacher for my own mistakes.	Disappointment but not anger.