

# Regulating Emotions Worksheet

<b>Name</b>	<b>Date</b>
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## Instructions:

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

<b>Situation 1:</b>	
<b>Emotion:</b>	<b>Intensity (1-10):</b>
<b>Strategies for regulating emotions:</b>	

<b>Situation 2:</b>	
<b>Emotion:</b>	<b>Intensity (1-10):</b>
<b>Strategies for regulating emotions:</b>	

<b>Situation 3:</b>	
<b>Emotion:</b>	<b>Intensity (1-10):</b>
<b>Strategies for regulating emotions:</b>	

<b>Situation 4:</b>	
<b>Emotion:</b>	<b>Intensity (1-10):</b>
<b>Strategies for regulating emotions:</b>	

<b>Situation 5:</b>	
<b>Emotion:</b>	<b>Intensity (1-10):</b>
<b>Strategies for regulating emotions:</b>	

**Additional Notes:**

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