

Regulating Emotions Worksheet

Name	Date
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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.

Situation 1:	
Emotion:	Intensity (1-10):
Strategies for regulating emotions:	

Situation 2:	
Emotion:	Intensity (1-10):
Strategies for regulating emotions:	

Situation 3:	
Emotion:	Intensity (1-10):
Strategies for regulating emotions:	

Situation 4:	
Emotion:	Intensity (1-10):
Strategies for regulating emotions:	

Situation 5:	
Emotion:	Intensity (1-10):
Strategies for regulating emotions:	

Additional Notes:

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