

Self Regulation Worksheets

Instructions: This Self-Regulation Worksheet is designed for your personal reflection and growth. Take the time 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.

Name:

Date:

Section 1: Emotional Awareness

Identify Emotions	
Triggers	
Physical Sensations	

Section 2: Cognitive Awareness

Thought Patterns	
Cognitive Distortions	
Positive Affirmations	

Section 3: Behavioral Regulation

Behavioral Patterns	
Behavioral Alternatives	

Section 4: Coping Strategies

Mindfulness and Relaxation Techniques	
Social Support	

Section 5: Reflection and Goal Setting

Weekly Reflection	
Long-term Goals	