

## Emotional Regulation Worksheet

We get activated on a daily basis – triggered, annoyed, agitated and reactive.

Imagine what would be possible for you if you learned how to check the facts, slow down, orient and ground in stressful situations.

Emotional Regulation is a skill that can be learned and practiced in order to create healthier meanings from our automatic thoughts and create more adaptive coping to our automatic behaviors.

### STEPS FOR EMOTIONAL REGULATION:

- 1) Identify what is a triggering situation for you – person, place, thing.
- 2) Identify your automatic thoughts, behaviors and beliefs.
- 3) Go through the below steps to create an alternate meaning and action for this situation.

### **\*\*Ways to regulate emotion and attach healthier meaning\*\***

#### **\*Describe the situation\***

Pause and explore in detail what is happening in the moment. Identify the situation, who is involved, where you are, what you are feeling in your body and what you are feeling emotionally. Label your emotions with descriptive and detailed words.

#### **\*Check the Facts\***

Are you really seeing all sides of the situation? Check to make sure that what you are thinking/feeling/witnessing/interpreting is accurate to the facts, or if it is driven by emotion. Is your automatic thought/belief the same as what others may think/feel in a similar situation?

#### **\*Get Feedback from reputable/healthy sources\***

Ask your therapist, coach, family, friends, etc. if they can offer feedback on the situation. Look for alternative perspectives. Ask trusted sources what their take would be and what their wise-mind would offer to the situation.

#### **\*Check in with Wise Mind\***

Tune into your wise-mind and have a conversation with wisdom. What would the voice of wisdom have to offer this situation? What would wisdom say/do/think? How would wisdom handle the situation?

#### **\*Grounding Techniques\***

Place both feet on the ground and take a few deep breaths. Look around the room and identify specific colors, sounds, objects and smells that you notice. Orient yourself to the present moment, and see if you can fully connect and “be here now.” This technique offers some space between a trigger and a reaction.

### **\*Body Scan\***

Take a mental note of your body from head to toe. Notice any tension or discomfort. Identify places of comfort, neutrality, and discomfort. Just label and observe what is going on in your body. This is another way to orient, be able to witness what is happening, and allow you to have more presence in the moment. This may also bring awareness to what you are needing in that moment (aka needing to get up, stretch, get more comfortable, rest, etc.)

### **\*Scan your mind for past similar emotions/triggers/meaning making\***

When/where/how have you felt like this before? What have you done/thought/said in the past?

### **\*Assess past reactions\***

Identify what you have said/done/thought in past similar situations, and assess whether or not that was effective. If the past way of reacting was NOT effective, try to identify alternative solutions, even if they feel far-fetched. Just try to identify opposite action/reaction and alternative perspectives.

### **\*Re-Frame with a more hopeful and healthier outlook\***

Look for alternative meanings that are not so closely tied to an emotional reaction. See if you can connect to the voice of hope, and identify what hope would bring in this situation. Even if you are not able to fully access a hopeful or more even-keeled reaction, it is helpful to identify it and build up to it over the long run.

### **\*Empowerment\***

Think of fictional or real characters/people who embody strength and clarity of mind. See if you can channel some of their energy. Make a list of characteristics that you wish you would be able to embody – for example – strength, courage, patience, kindness, serenity. Identify fictional or real characters/people who embody those traits and see if you can embody their characteristics – including posture, demeanor, language, disposition, and more. You can embrace power-poses or full on acting “as if” in this scenario.

The best way to build healthier habits and emotional regulation is by building awareness around your current/habitual and automatic ways of being and thinking.

From there, you can start to identify what is maladaptive, self-sabotaging, and simply not effective.

By practicing new skills and working on emotional regulation, you will be better equipped to handle all of life’s ups and downs.