EMOTION REGULATION WORKSHEET
Model for Describing Emotions

Emotion I am describing: ____________  Intensity (0-100): ____________

1. **Prompting Event:** What was it that triggered my emotion (who did what, when, where? Or, what thought, memory, etc.)?
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2. **Interpretation:** How did I understand or make sense of what happened? What did I tell myself about this event?
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3. **Emotional Experiencing:** What did I feel in my face/body? What did I feel like doing or saying?
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4. **Emotional Expressions:** What were my facial expressions, gestures, and body language? What did I do or say?
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5. **Aftereffects:** What effect did this emotion have on me (state of mind, other emotions, behaviors, thoughts, memories, my body)?
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(vulnerabilities to react again)

Seth Axelrod, PhD and Melissa Ming Foynes, MS, 8-2-09, adapted from Skills Training Manual for Borderline Personality Disorder by Marsha Linehan (1993)
Observing and Describing Emotions

Due Date: ______________________ Name: ______________________ Week Starting: ______________________

Select a current or recent emotional reaction, and fill out as much of this sheet as you can. If the prompting event for the emotion you are working on is another emotion that occurred first (e.g., fear prompted anger at yourself), then fill out a second worksheet for the first emotion. Use Emotion Regulation Handout 6 for ideas. Write on the back of this sheet if you need more room.

EMOTION NAME: ______________________ INTENSITY (0–100): __________

PROMPTING EVENT for my emotion (who, what, when, where): What set off the emotion?

VULNERABILITY FACTORS: What happened before that made me vulnerable to the prompting event?

INTERPRETATIONS (beliefs, assumptions, appraisals) of the situation:

FACE and BODY CHANGES and EXPERIENCES: What was I feeling in my face and body?

ACTION URGES: What did I feel like doing? What did I want to say?

FACE and BODY LANGUAGE: What was my facial expression? Posture? Gestures?

What I SAID in the situation (be specific):

What I DID in the situation (be specific):

What AFTER EFFECTS did the emotion have on me (my state of mind, other emotions, behavior, thoughts, memory, body, etc.)?

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