EMOTION REGULATION WORKSHEET

Model for Describing Emotions

Emotion I am describing:	Intensity (0-100):
Emotional Experiencing: What did I feel in my face/body? What did I feel like doing or saying?	Emotional Expressions: What were my facial expressions, gestures, and body language? What did I do or say?
Interpretation: How did I understand or make sense of what happened? What did I tell myself about this event?	
Prompting Event: What was it that triggered my emotion (who did what, when, where? Or, what thought, memory, etc.)?	Aftereffects: What effect did this emotion have on me (state of mind, other emotions, behaviors, thoughts, memories, my body)?
(vulnerabiliti	es 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)

EMOTION REGULATION WORKSHEET 4A (Emotion Regulation Handouts 5, 6)

Observing and Describing Emotions

Due Date:	Name:	Week Starting:
Select a current prompting event prompted anger	or recent emotional reaction for the emotion you are wo at yourself), then fill out a	on, and fill out as much of this sheet as you can. If the orking on is another emotion that occurred first (e.g., fear a second worksheet for the first emotion. Use Emotion he back of this sheet if you need more room.
EMOTION NAME:IN		INTENSITY (0-100):
PROMPTING E		o, what, when, where): What set off the emotion?
		ened before that made me vulnerable to the prompting
		s, appraisals) of the situation:
		IENCES: What was I feeling in my face and body?
	S: What did I feel like doing	g? What did I want to say?
FACE and BOD		my facial expression? Posture? Gestures?
What I SAID in	the situation (be specific):	· · · · · · · · · · · · · · · · · · ·
What I DID in th	ne situation (be specific):	
What AFTERE thoughts, memo		nave on me (my state of mind, other emotions, behavior,
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