

EMOTION REGULATION WORKSHEET 4

(Emotion Regulation Handouts 5, 6)

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.

Vulnerability Factors: What happened before to make me vulnerable to the prompting event? Tell the story up to the event. _____ _____	Biological Changes and Experiences: What am I or was I feeling in my face and body? _____ _____ _____ _____ Action Urges What do I or did I feel like doing? What do I or did I want to say? _____ _____ _____	Expressions Face and Body Language: What is or was my facial expression? Posture? Gestures? _____ _____ _____ Expression with Words: What I SAID _____ _____ _____ Actions: What I DID _____ _____ _____	Emotion Name: _____ Intensity (0-100) _____
Interpretation of Event: Thoughts, beliefs, assumptions, appraisals? _____ _____ _____ _____	Prompting Event: What set off the emotion? What happened in the few minutes right before the emotion started? Just the facts! _____ _____ _____	Aftereffects: Emotions, behavior, thoughts, etc.? _____ _____ _____	