

EMOTION REGULATION WORKSHEET 8 (p. 1 of 2)

(Emotion Regulation Handout 12)

Problem Solving to Change Emotions

Due Date: _____ Name: _____ Week Starting: _____

Select a prompting event that triggers a painful emotion. Select an event that can be changed. Turn the event into a problem to be solved. Follow the steps below and describe what happened.

EMOTION NAME: _____ **INTENSITY (0–100) Before:** _____ **After:** _____

1. WHAT IS THE PROBLEM? Describe the problem prompting your emotions. What makes the situation a problem?

2. CHECK THE FACTS TO MAKE SURE YOU HAVE THE RIGHT PROBLEM. Describe what you did to be sure of your facts.

(See Emotion Regulation Worksheet 6 if you need help.)

REWRITE the problem if needed to stick with the facts.

3. WHAT IS A REALISTIC SHORT-TERM GOAL OF YOUR PROBLEM SOLVING? What has to happen for you to think you have made progress?

4. BRAINSTORM SOLUTIONS: List as many solutions and coping strategies as you can think of. **DON'T EVALUATE!**

(continued on next page)

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5. WHICH TWO IDEAS LOOK BEST (are most likely to meet your goal, are possible to do)?

1. _____ 2. _____

PROS	Solution 1	Solution 2
	_____	_____
	_____	_____
	_____	_____
CONS	Solution 1	Solution 2
	_____	_____
	_____	_____
	_____	_____

6. CHOOSE the solution to try; list the steps needed; check the steps you do and how well they work.

Step	Describe	✓ Done	What happened?
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____

7. DID YOU REACH YOUR GOAL? If so, describe. If not, what can you do next?

IS THERE NOW A NEW PROBLEM TO BE SOLVED? If yes, describe, and problem-solve again.

