

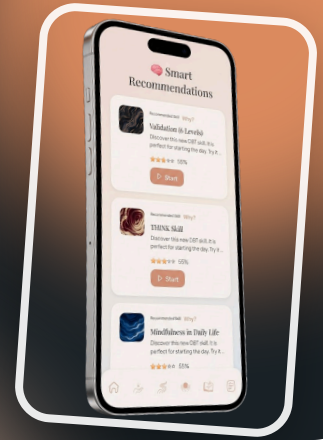


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Emotion Regulation Worksheet

Name the emotion, check it against the facts, then choose what to do with it. Use one sheet per situation.

EMOTION REGULATION · 2 PAGES



1 Name it

The emotion (as precise as you can: ashamed, not "bad")

Where I feel it in my body

Intensity right now

0 1 2 3 4 5 6 7 8 9 10

What it urges me to do

2 Check the facts

What happened? (only what a camera would have recorded)

What am I telling myself about it? (interpretations, assumptions, predictions)

Other ways to read the situation

Does my emotion, and how strong it is, fit the facts? ☐ Yes ☐ Partly ☐ No

3 Choose what to do

It fits the facts

The emotion is giving you real information. Solve the problem, ask for what you need (DEAR MAN), or accept what can't change.

My next step

It doesn't fit, or acting on it would hurt me

Use opposite action: do the opposite of the urge, all the way, including posture and voice (see page 2).

My opposite action



Practice this on your phone with the free DBT-Mind app.

Scan to download for iPhone or Android. Full guide:

dbt-mind.com/guides/emotion-regulation-skills

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Opposite Action and PLEASE

Opposite action changes an emotion that doesn't fit the facts. PLEASE lowers how easily emotions take over in the first place.

Opposite action, by emotion

Fear

Urge: avoid, escape. **Opposite:** approach what you fear, step by step and repeatedly, until the fear drops.

Anger

Urge: attack, snap. **Opposite:** step away gently or be kind; unclench your hands, soften your voice.

Sadness

Urge: withdraw, stay in bed. **Opposite:** get active, make contact, do one small thing that matters to you.

Shame (when it doesn't fit)

Urge: hide. **Opposite:** share it with someone safe, keep your head up, stay in the room.

My PLEASE week

Tick each day you took care of it. Patterns show up after a week or two.

Skill	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Treat physical illness (meds, doctor, rest)							
Balanced eating (regular meals)							
Avoid mood-altering substances							
Balanced sleep (hours)							
Exercise (any movement)							
One pleasant thing I did							

My opposite action plan

Emotion	Its urge	What I will do instead, fully

Tip: if your emotions have felt unusually raw for a few days, check this table first. Short sleep or skipped meals make every trigger hit harder.



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