



Emotional Regulation Worksheet

Slow the moment down and find out what the feeling is asking for

Big feelings aren't the problem. Reacting to them on autopilot is what usually creates the mess. Fill this out during, or right after, a moment that got away from you.

1. What happened

The situation, just the facts, no interpretation:

2. What I felt

Circle or write the closest word: angry, hurt, scared, ashamed, lonely, jealous, overwhelmed, numb, disappointed, powerless. Then rate the intensity from 0 to 10.

Feeling and intensity:

3. Where I felt it

Chest, throat, stomach, jaw, hands, shoulders. What did your body do first?





4. What I told myself

The thought underneath the feeling:

5. What I did

The urge, and what I actually did with it:

6. What the feeling was asking for

Anger often asks for a boundary. Sadness asks for comfort. Fear asks for safety. Shame asks to be seen and still accepted. Guess, even if you're unsure.

My best guess:

7. What I'll try next time

One smaller, earlier move:



Feelings are messengers, not emergencies.



Doing this once is useful. Doing it five times shows you your pattern, and the pattern is where the change lives.

