

EMOTION REGULATION WORKSHEET 10

([Emotion Regulation Handouts 15, 16](#))

Pleasant Events Diary

Due Date: _____ Name: _____ Week Starting: _____

Accumulating pleasant events can take planning. For each day of the week, write down at least one pleasant activity or event that is possible for you. In the next column, write down for each day the pleasant event or activity that you actually engaged in. Fill out an Observing and Describing Emotions worksheet (Emotion Regulation Worksheet 4 or 4a) if necessary, plus this diary sheet.

| Day of week | Pleasant event(s) planned | Pleasant event(s) I actually did | Mindfulness of pleasant event (0–5) | Letting go of worries (0–5) | Pleasant experience (0–100) | Comments |
|-------------|---------------------------|----------------------------------|-------------------------------------|-----------------------------|-----------------------------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)