# EMOTION REGULATION WORKSHEET 12

(Emotion Regulation Handout 19)

## Build Mastery and Cope Ahead

Due Date: _____ Name: _____ Week Starting: _____

In the far left column, put down the days of the week. Then write plans for practicing mastery in the first column under "Build Mastery." At the end of the day, write in the second column what you actually did to increase your sense of mastery. Under "Cope Ahead," describe a problem situation in the first column, and then describe in the second column how you imagined coping skillfully. Also, check whether it helped.

| | **Build Mastery** | | **Cope Ahead** | |
|---|---|---|---|---|
| **Day** | Activities planned for building mastery | Activities I actually did for building mastery | Future problem situation | How I imagined coping effectively (describe) |
| | | | **1.** | Helpful? ❑ YES ❑ NO |
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| | | | **2.** | Helpful? ❑ YES ❑ NO |
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