

# EMOTION REGULATION WORKSHEET 2C

([Emotion Regulation Handout 3](#))

## Example: Emotion Diary

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Record an emotion (either the strongest emotion of the day, the longest-lasting one, or the one that was the most painful or gave you the most trouble). Analyze that emotion. Fill out an Observing and Describing Emotions worksheet (Emotion Regulation Worksheet 4 or 4a) if necessary, plus this diary sheet.

Emotions	Motivate	Communicate to others			Communicate to me	
		How was my emotion expressed to others (my nonverbal appearance, my words, my actions)?	What message did my emotion express to others?	What was the effect of my emotion on others?	What was my emotion saying to me?	How did I check the facts?
Fear/ anxiety	What did my emotion motivate me to do (i.e., what goal did my emotion serve)?  Not to go to skills training group.	I did not go to group.	That group was not important to me.	(1) They called to encourage me to come. (2) They wonder if I am committed. (3) They might be concerned.	That group is unsafe.	I didn't. I could have evaluated if my life, health, or well-being was in danger. I could have done pros and cons of going to group.
Shame	To keep to myself, to not draw attention to myself. I wanted to go home from the office party at work.	I didn't make much eye contact, I didn't say much or initiate conversation, or do anything to attract attention.	There are several possibilities: (1) I want to be left alone. (2) I am feeling bad.	Most everyone at work left me alone. One person tried to talk to me but gave up.	That I was uninteresting, a failure with nothing to contribute.	I tried to recall times when people have listened to me. I tried to talk to others and notice if they seemed interested.
Sadness	Withdraw. Isolate. Cry.	My expression was downcast. My mouth turned down. I was tearful. I told someone I was sad.	That I was sad.	(1) My boyfriend approached me, soothed me, and invited me to sit with him. (2) Some people avoided me.	I am so sad. I am alone. No one cares.	I reached out and noticed if someone responded. I thought about a time when I did not feel sad.