

# EMOTION REGULATION WORKSHEET 4A

([Emotion Regulation Handouts 5, 6](#))

## Observing and Describing Emotions

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

Select a current or recent emotional reaction, and fill out as much of this sheet as you can. If the prompting event for the emotion you are working on is another emotion that occurred first (e.g., fear prompted anger at yourself), then fill out a second worksheet for the first emotion. Use Emotion Regulation Handout 6 for ideas. Write on the back of this sheet if you need more room.

**EMOTION NAME:** \_\_\_\_\_ **INTENSITY (0–100):** \_\_\_\_\_

**PROMPTING EVENT** for my emotion (who, what, when, where): What set off the emotion?

\_\_\_\_\_  
\_\_\_\_\_

**VULNERABILITY FACTORS:** What happened before that made me vulnerable to the prompting event?

\_\_\_\_\_  
\_\_\_\_\_

**INTERPRETATIONS** (beliefs, assumptions, appraisals) of the situation:

\_\_\_\_\_  
\_\_\_\_\_

**FACE and BODY CHANGES and EXPERIENCES:** What was I feeling in my face and body?

\_\_\_\_\_  
\_\_\_\_\_

**ACTION URGES:** What did I feel like doing? What did I want to say?

\_\_\_\_\_  
\_\_\_\_\_

**FACE and BODY LANGUAGE:** What was my facial expression? Posture? Gestures?

\_\_\_\_\_  
\_\_\_\_\_

**What I SAID** in the situation (be specific):

\_\_\_\_\_  
\_\_\_\_\_

**What I DID** in the situation (be specific):

\_\_\_\_\_  
\_\_\_\_\_

**What AFTEREFFECTS** did the emotion have on me (my state of mind, other emotions, behavior, thoughts, memory, body, etc.)?

\_\_\_\_\_  
\_\_\_\_\_