

Six-Step Emotional Regulation Process Worksheet

This worksheet is meant to help you recognize your emotions. Use this worksheet to fill in using an example in your life and practice analyzing your emotions from the situation.

| Questions | Your Responses |
|--|----------------|
| 1. What happened? | |
| 2. Why do you think that situation happened? | |
| 3. How did the situation make you feel, both emotionally and physically? | |
| 4. What did you want to do as a result of how you felt? | |
| 5. What did you do and say? | |
| 6. How did your emotions and actions affect you later? | |

Adapted from:

McKay, Matthew, Jeffrey Wood, and Jeffrey Brantley. *The Dialectical Behaviour Therapy Skills Workbook*. N.p.: New Harbinger Publications, Inc., 2007. Print.

