

EMOTION REGULATION HOMEWORK SHEET I

Observing and Describing Emotions

Name _____ Week Starting _____

Select a current or recent emotional reaction and fillout 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 (for example, feeling afraid prompted getting angry at yourself), then fill out a second homework sheet for that first emotion. Write on back of page if you need more room.

EMOTION NAMES: _____ **INTENSITY (0-100)** _____

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

INTERPRETATIONS (beliefs, assumptions, appraisals) of the situation?

BODY CHANGES and SENSING: What am I feeling in my body?

BODY LANGUAGE What is my facial expression? posture? gestures?

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

What **I SAID OR DID** in the situation: (Be specific)

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

FUNCTION OF EMOTION: _____

