Emotion Regulation
Home Practice: Managing Emotions

Notice when you are feeling strong or negative emotions this week. Each time, note the situation, any strategies you used to feel better, and if those strategies worked for you.

Situation	***Emotion***	***Strategy Used***	***Did it work?***

Strategies I used:

- ☐ Pleasant or self-care activities
- ☐ Changing your thinking (challenging unhelpful thoughts)
- ☐ Creating structure (using schedules/calendars/to-do-lists to manage overwhelm)
- ☐ Brief mindfulness exercises (notice your senses, do an activity mindfully, 3 mindful breaths, STOP)
- ☐ Progressive muscle relaxation
- ☐ RAIN (Recognize, Accept, Investigate, Nurture)

- ☐ Other: _____
- ☐ Other: _____

Common Triggers

What do I notice often affecting my emotions?

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Notes

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