



My emotional regulation worksheet

Work down the page in order: notice, name, rate, choose a response, review. Be honest and specific. There are no right answers.

01 Notice

Start with the facts, as if you were describing the moment to someone who wasn't there. The feeling often shows up in your body before you have a word for it. If the feeling is in your body: chest pain, trouble breathing or fainting means call 999 (UK) or 911 (US), or NHS 111 if you're unsure. A new or worsening symptom means see a doctor.

What happened, and where was I? (just the facts)

What did I notice in my body?

- ☐ Tight chest or shallow breathing
- ☐ Hot face or a pounding heart
- ☐ Tense jaw, shoulders or hands
- ☐ Knot in my stomach
- ☐ Restless, needing to move
- ☐ Heavy, flat or numb
- ☐ Shaky or light-headed

What was I thinking, word for word?

Write the thought as it came, even if it sounds unfair.

02 Name

Aim for the most exact word you can find, not just 'bad' or 'stressed'. A feelings wheel can help if you are stuck.

The main feeling was...

Underneath it, there might also be... (hurt, afraid, embarrassed, disappointed, tired)

What was this feeling trying to tell me, or protect?

03 Rate

Give the feeling a number, where 1 is barely there and 10 is the strongest it could be. The number is only information.

How strong was the feeling at its peak?

1 2 3 4 5 6 7 8 9 10

Barely there

As strong as it gets

How strong is it right now?

1 2 3 4 5 6 7 8 9 10

Barely there

As strong as it gets

What do I feel an urge to do? (Be honest. You do not have to do it.)

If the urge is to harm yourself, stop here and use the crisis numbers on this page.

04 Choose a response

You have more than one option. They fit different moments. The first two work on the situation itself, the third on how you see it, the fourth on your body. Tick what you could try, then circle one.

Change the situation

Use this when something in the moment is feeding the feeling and you can change it.

- ☐ Leave the room, or take a break before I reply
- ☐ Ask for what I need, calmly and clearly
- ☐ Say no, or move something off my plate
- ☐ Avoid the trigger for now, or plan around it

Shift my attention

Use this to get some breathing space. It does not make the problem go away, so come back to it.

- ☐ Look at what is around me and name what I can see
- ☐ Do something absorbing for a short while (a puzzle, a tidy, music)
- ☐ Move: a short walk or a stretch
- ☐ Talk to someone about something else

Rethink it

Use this when a thought is making the feeling bigger. Check the thought. Do not argue yourself out of a feeling that is telling you something true.

- ☐ Ask: what else could explain this?
- ☐ Ask: what would I say to a friend in this spot?
- ☐ Ask: how much will this matter in a month?
- ☐ Write the facts for and against the thought

Adjust my body's response

Use this when your body is running hot. Check with a GP before cold water or hard exercise if you have a heart condition or take heart medication.

- ☐ Breathe out for longer than I breathe in, for a few minutes
- ☐ Relax my muscles, one area at a time
- ☐ Splash cool water on my hands or wrists
- ☐ Drink water, eat something, or rest if I am worn out

The one response I will try now is...

Why I think it fits this moment:

05 Review

After you have tried it, check what happened. Even a point or two lower is a real result, and a response that did not help is useful to know.

How strong is the feeling now?



Barely there

As strong as it gets

What helped, and what got in the way?

Next time this feeling shows up, I will try...

Is something under this that is worth talking to someone about?

06 Log of what worked

Over a few sheets, your log shows which responses suit which feelings.

Feeling In a word	Before 1 to 10	What I tried	After 1 to 10
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- Which feelings do you find easiest to handle, and which do you find hardest?
- Does your body tell you before your mind does? What are your first signs?
- Which kind of response suited you best: changing the situation, shifting your attention, rethinking, or calming your body?
- Is there a moment, person or place that keeps setting off the same feeling?
- Who could you talk to if a feeling keeps coming back or feels too big?

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If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.