

Emotional Regulation Worksheet

Use this worksheet to help regulate your emotions when you feel overwhelmed, stressed, or unsure how to respond. These steps guide you through calming your body, understanding your feelings, and choosing supportive next actions.

1. What Emotion Am I Feeling?

(Name one or more emotions you notice.)

2. What Physical Sensations Do I Feel?

(Examples: tight chest, racing thoughts, tense shoulders.)

3. What Triggered This Emotion?

(An event, thought, interaction, or memory.)

4. Calming My Body

Which technique will I use?

- Deep breathing
- Grounding exercise
- Stretching
- Slow walk
- Prayer or reflection

5. Calming My Thoughts

What is a more balanced or gentle thought I can choose?

6. What Do I Need Right Now?

(Rest, space, support, comfort, clarity, reassurance.)

7. My Supportive Next Step

What is one small, kind action I can take next?
