

Emotional Regulation Process

Worksheet to analyze a triggering event.

This worksheet is meant to help you recognize and analyze your emotions from a TRIGGERING event, in order to assist in processing your emotions, so you can better regulate your triggering events in the future.

<i>Questions</i>	<i>Your Responses</i>
What event happened to trigger you?	
Why do you think that situation happened?	
How did the situation make you feel, both emotionally and physically?	
What did you want to do because of how you felt?	
What did you do and say?	
How did your emotions and actions affect you later?	
How would you have handled things differently? (if at all)	

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