



# EMOTION REGULATION

EMOTION SERIES

**E**motion regulation is a crucial skill as our emotions can have a big impact on our thoughts, feelings, and behaviors. Our emotions are neither good nor bad, but uncontrolled emotions can cause unneeded stress and anxiety.

The goal of this worksheet is to reflect and question the automatic thoughts and beliefs that underlie your emotions. In this way, we can reframe those thoughts and beliefs to regulate the emotions.

We recommend you to finish the mini-course on emotion awareness and emotion regulation first before continuing with this worksheet.

# GUIDE FOR REGULATING EMOTIONS

1. Be **aware** when you are experiencing an emotion
2. **Acknowledge** your emotions and give yourself **time** to feel them
3. **Reflect** on your thoughts
4. **Question** those thoughts and beliefs
5. **Reframe** your thoughts and **move on**

# EMOTION REGULATION

What happened? What were you doing?	What were you thinking? What were you saying to yourself?	What were you feeling in response? How strong were they (1- 10)?

# REFLECT

Now, let's reflect on those thoughts and beliefs. Sometimes your emotions overshadow everything else that you are not thinking clearly. Let's try to question these thoughts and beliefs. This will help us reframe them and see the bigger picture.

- Is there any evidence supporting it?

☐ Yes    ☐ Maybe    ☐ No

- Is there any evidence against it?

☐ Yes    ☐ Maybe    ☐ No

- Are there other factors I am ignoring?

☐ Yes    ☐ Maybe    ☐ No

- Are there any other explanations?

☐ Yes    ☐ Maybe    ☐ No

- Am I overreacting or jumping to conclusion?

☐ Yes      ☐ Maybe      ☐ No

- Will it matter in a day?

☐ Yes      ☐ Maybe      ☐ No

- Is there anything I can do about it?

☐ Yes      ☐ Maybe      ☐ No

- Is it helpful for me to be thinking this way?

☐ Yes      ☐ Maybe      ☐ No

**Reflect. Question. Reframe. Move On.**

Click [here](#) for the next part of the mini-course on how to be happier