Emotion Regulation Worksheet

DBT emotion regulation: name an emotion, understand it, then choose to change it or accept it.

Name _____ Date _____

1. Name the emotion

Be specific: "jealous", not "bad". Start from the body sensation if you're not sure.

2. Intensity (0–10)

High intensity needs TIPP first; moderate can go straight to thinking skills.

3. Trigger

The event or thought right before you noticed the feeling.

4. The urge

Withdraw, attack, avoid, numb, seek reassurance?

5. The emotion's message

Fear protects, anger flags a boundary, sadness signals loss. What is this one telling me?

6. Does it fit the facts?

Does the emotion's type and intensity match the situation? Use Check the Facts.

7. Is the urge effective?

Would acting on it make things better, worse, or no different?

8. My response

Fits and the urge is effective: act skillfully. Fits but the urge isn't: opposite action. Can't change it: radical acceptance. Doesn't fit: opposite action or problem solving.

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Rate your emotions 0–5 and tick the skills you used each day on your DBT Pal diary card. Check the Facts is a step-by-step exercise in the app. Free for iPhone and Android: dbtpal.app/get?c=pdf-emotion-regulation