EMOTION REGULATION HOMEWORK SHEET 3

Steps for Reducing Painful Emotions

Name _____ Week starting _____

For each emotion regulation skill, check whether you used it during the week and describe what you did. Write on back of page if you need more room.

REDUCED VULNERABILITY TO EMOTION MIND:

treated PhysicaL illness? ____
balanced Eating? ____
off mood-Altering drugs? ____
balanced Sleep? ____
Exercise? ____
MASTERy? ____

INCREASED POSITIVE EVENTS

INCREASED daily pleasant activities (circle): M T W TH F S SUN (describe)

LONG TERM GOALS worked on:

ATTENDED TO RELATIONSHIPS? (describe)

AVOIDED AVOIDING (describe)

MINDFULNESS OF POSITIVE EXPERIENCES THAT OCCURRED

____ Focused (and refocused) attention on positive experiences?

____ Distracted from worries about positive experiences?

MINDFULNESS OF THE CURRENT EMOTION

____ Observed the emotion?

____ Experienced the emotion?

____ Remembered:

____ Not to act on emotion?

____ Times I've felt different?

OPPOSITE ACTION: How did I act opposite to current emotion?

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