



# Willow & Harbor THERAPY



A safe place for healing and growth in every season of life

## Emotion Regulation Worksheet

### Understanding, Managing, and Responding to Emotions

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#### Psychoeducation

Emotions are not problems to eliminate—they are **signals**.

They give us information about what we need, what matters to us, and how we are experiencing the world.

Emotion regulation is not about “controlling” emotions. It’s about:

- Noticing what you feel
  - Understanding why it’s there
  - Choosing how you respond
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#### Part 1: Pause & Identify

**Instructions:** Think about a recent moment where your emotions felt strong.

- Situation (What happened?):

→ \_\_\_\_\_

- What I felt (be specific):

→ \_\_\_\_\_

- Intensity (0–10): \_\_\_\_\_

- Where I felt it in my body:

→ \_\_\_\_\_

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#### Part 2: What Is This Emotion Trying to Tell Me?

Every emotion has a message.

- This emotion might be signaling:
  - A need (rest, support, space)
  - A value (fairness, safety, connection)

- A boundary being crossed
  - A perceived threat or pressure
  - My emotion may be trying to say:  
→ \_\_\_\_\_
- 

### Part 3: My Default Pattern

When emotions show up, we often react automatically.

- When I feel this way, I tend to:
    - Shut down / numb out
    - Overthink / ruminate
    - Overwork / push through
    - Avoid / distract
    - React quickly / impulsively
  - Does this response help me long-term?  
→ \_\_\_\_\_
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### Part 4: Slowing It Down (Regulation Skills)

Choose 1–2 to practice in the moment:

- Breathing:** Inhale 4, exhale 6 (repeat for 1–2 minutes)
- Grounding:** Name 5 things you see, 4 feel, 3 hear
- Pause phrase:**

“I can feel this without reacting right away.”

- Body reset:** unclench jaw, drop shoulders, slow movements

After trying this, what changed (even slightly)?

→ \_\_\_\_\_

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### Part 5: Thought Check (For Overthinking & Pressure)

- What was going through my mind?  
→ \_\_\_\_\_
- Is this thought:
  - 100% true

- Partially true
- Driven by fear/perfectionism

- A more balanced thought could be:

→ \_\_\_\_\_

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### Part 6: Choose Your Response

Instead of reacting automatically, choose intentionally.

- Right now, what do I actually need?  
 Space  Support  Rest  Clarification  Boundaries

- A helpful response would be:

→ \_\_\_\_\_

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### Part 7: Expression (Not Suppression)

Avoiding emotions often makes them stronger over time.

- One way I can express this emotion safely:  
 Talk to someone  
 Write it out  
 Move my body  
 Sit with it without distraction
- What I would say if I expressed this honestly:

→ \_\_\_\_\_

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### Part 8: Boundaries & Needs

Strong emotions often point to unmet needs or unclear boundaries.

- Was a boundary crossed?

→ \_\_\_\_\_

- If yes, what boundary might I need?

→ \_\_\_\_\_

- A simple boundary statement could be:

→ \_\_\_\_\_

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### Part 9: Reflection

- What did I learn about my emotional pattern?

→ \_\_\_\_\_

- What worked (even a little)?

→ \_\_\_\_\_

- One thing I will try next time:

→ \_\_\_\_\_

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### **Quick Use Version (For In-the-Moment)**

#### **STOP**

- Slow down
- Tune into emotion
- Observe thoughts/body
- Proceed intentionally