

Name: _____

Date: _____

DBT EMOTION REGULATION

EMOTION NAME:

INTENSITY (0-100)

Before

After

PROMPTING EVENT for my emotion:

Pros Keeping Emotion

Cons Keeping Emotion

Pros Changing Emotion

Cons Changing Emotion

IS THIS EMOTION JUSTIFIED BY THE SITUATION?

JUSTIFIED

NOT JUSTIFIED

ACTIONS AND ACTION URGES

OPPOSITE ACTION

What is needed for me to do it ALL THE WAY in the situation

What DID I DO AND HOW DID I DO IT

What AFTER EFFECT did the opposite action have on me