

Name : _____ Date : _____

EMOTION REGULATION DBT WORKSHEET

<i>What was the event?</i>	<i>What emotion did you feel in response to the event?</i>	<i>What interpretations or assumptions did you make about the event?</i>	<i>Should the event have triggered that emotion in you? Did the response match the facts of the event?</i>	<i>What emotion do you think would have been a more appropriate response?</i>