

Name: _____ Date: _____

Emotional Regulation Worksheet for Teen Girls

“Understand It. Feel It. Manage It.”

1. What am I feeling right now?

Circle or write your emotion:

Happy • Sad • Angry • Anxious • Overwhelmed • Lonely • Jealous • Confused

2. What caused this feeling?

3. What thoughts are in my mind? *Write what you're thinking:*

4. How is my body reacting?

Check what you feel:

Fast heartbeat Sweating Crying Tension Shaking Other: _____

6. Let's reframe the thought

Old thought:

New helpful thought:

7. One small step I will take:

Affirmation of the Day:

“I am allowed to feel my emotions, and I can handle them.”