

# Recognize Your Emotions In 7 Steps

## (Worksheet Example)

### *DBT Emotion Regulation Skill*

Ask yourself:	Your Answers:
<p>1. What just happened?</p> <p>(Date and time.)</p>	
<p>2. How do I think and feel about what happened?</p> <p>(The more specific you can be the better.)</p>	
<p>3. Ok it happened, but why?</p> <p>(What caused it to happen?)</p>	
<p>4. How did you feel about it?</p> <p>(Use <i>primary and secondary</i> emotions to describe how you felt. Also describe how you felt physically.)</p>	<p><i>My primary emotion was:</i></p> <p><i>My secondary emotions were:</i></p> <p><i>Physical sensations:</i></p>
<p>5. When it happened. What did your emotions tell you to do?</p> <p>(What did you feel like doing?)</p>	
<p>6. How did you react as a result of how you felt?</p> <p>(What exactly did you say or do?)</p>	
<p>7. How did the things you said and do(did?) effect you later?</p>	

(What were the results of your actions? Write down the short-term and long-term consequences.)

*Short-term consequences:*

*Long-term consequences:*

## Cutting/Self-Mutilation Exercise

The cutting and self-mutilating that I engage in  
are \_\_\_\_\_

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The temporary rewards for my behavior  
are \_\_\_\_\_

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The long-term costs and dangers of my behaviors  
are \_\_\_\_\_

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What are some things I can substitute self-mutilating  
with? \_\_\_\_\_

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# Manipulation Exercise

The manipulative behaviors that I engage in  
are \_\_\_\_\_

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The temporary rewards for my behaviors  
are \_\_\_\_\_

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The long-term costs and dangers of my behaviors  
are \_\_\_\_\_

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Without manipulating, what can I say or do to get what I want?

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If somebody would manipulate me. How would I feel?

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# Alcohol and Drugs

I display these alcohol or drug-using behaviors

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The short-term rewards for my behaviors are

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The long-term consequences of my behaviors are

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My drug and alcohol habits affect how I feel because

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I can improve my substance (alcohol, drugs, cigarettes) use by

1. 

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2. 

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# Physical Activity Exercise

My physical activity affects how I feel because \_\_\_\_\_

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These are the reasons why at the moment it is hard for me to be physically active

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I can solve the reasons why I can't be physically active by

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Brainstorm session. When and how would physical activity be fun for you?

- 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_  
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- 4. \_\_\_\_\_  
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# Physical Tension Exercise

I experience physical tension and stress from these sources:

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I can better handle my tension and stress by:

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## COPING THOUGHTS

“Nobody’s perfect. I can make mistakes.”

“This situation will not last forever.”

“I’ve also survived other painful experiences. I can survive this one too.”

“This, too, shall pass.”

“My feelings come and go, just like waves.”

“I had experienced overwhelming emotions before and survived.”

“I am feeling uncomfortable right now, but I can accept it.”

“I can accept my feelings, and this way decreases their intensity.”

“I can feel sad and still deal with the situation.”

“I’m strong enough to deal with what is happening right now.”

“This won’t get to me. I can ride this out.”

“I can step back, give it a rest, relax, and come back to it later.”

“I have survived similar situations and did well.”

“As difficult, the situation may be. I am going to survive it.”

“The current situation sucks, but it is only temporary.”

“I can feel stressed and still deal with the situation.”

“My emotions and thoughts don’t control my life. I do.”

“Feelings and thoughts are temporary. They will go away.”

“This is a chance for me to learn how to cope with my fear.”

“If I want to, I can think different thoughts.”

“I can use proven methods to help me through this.”

“I feel this way because of my past. I am not in danger now.”

“I have overcome difficulties before. This will not be different.”

“It is hard to feel at peace now, but this feeling is only temporary.”

“I am going to ride out my feelings as if I were on a wave.”

*Now, make a few of your own! Or write down the ones you like and practice them.*

# Balancing Your Thoughts and Emotions (Worksheet)

## *DBT Emotion Regulation Skill*

<b>Ask yourself:</b>	<b>Your Answers:</b>
1. What just happened?	
2. How do I think and feel about what happened (be expressive)?	
3. What evidence supports how I think and feel?	
4. What evidence contradicts how I think and feel?	
5. Considering all the evidence. What is a better way to think and feel about the situation?	
6. What can I do to cope with the situation in a healthy way?	

