

Emotion Regulation



For

Identifying Emotion Experience

There are many types of emotions and they can be felt in different parts of the body. Look at the charts on the next two pages to help identify which emotion you are experiencing.

In my body, I feel...

HOT

COLD

NUMB

TIGHT

PAIN

in the...

FACE

CHEST

STOMACH

ARMS

LEGS

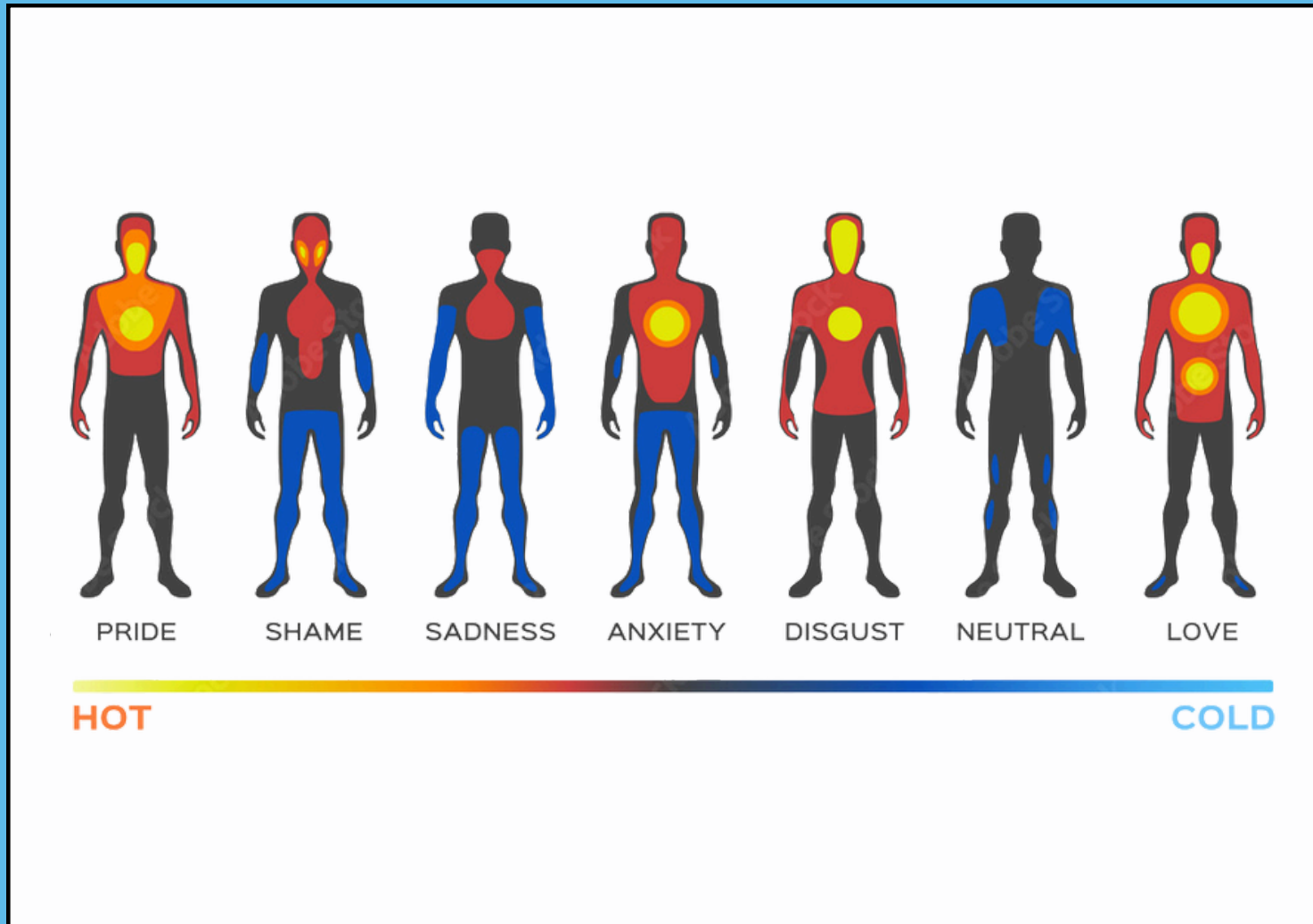
CIRCLE

The emotion that I am feeling is...

Emotion Regulation



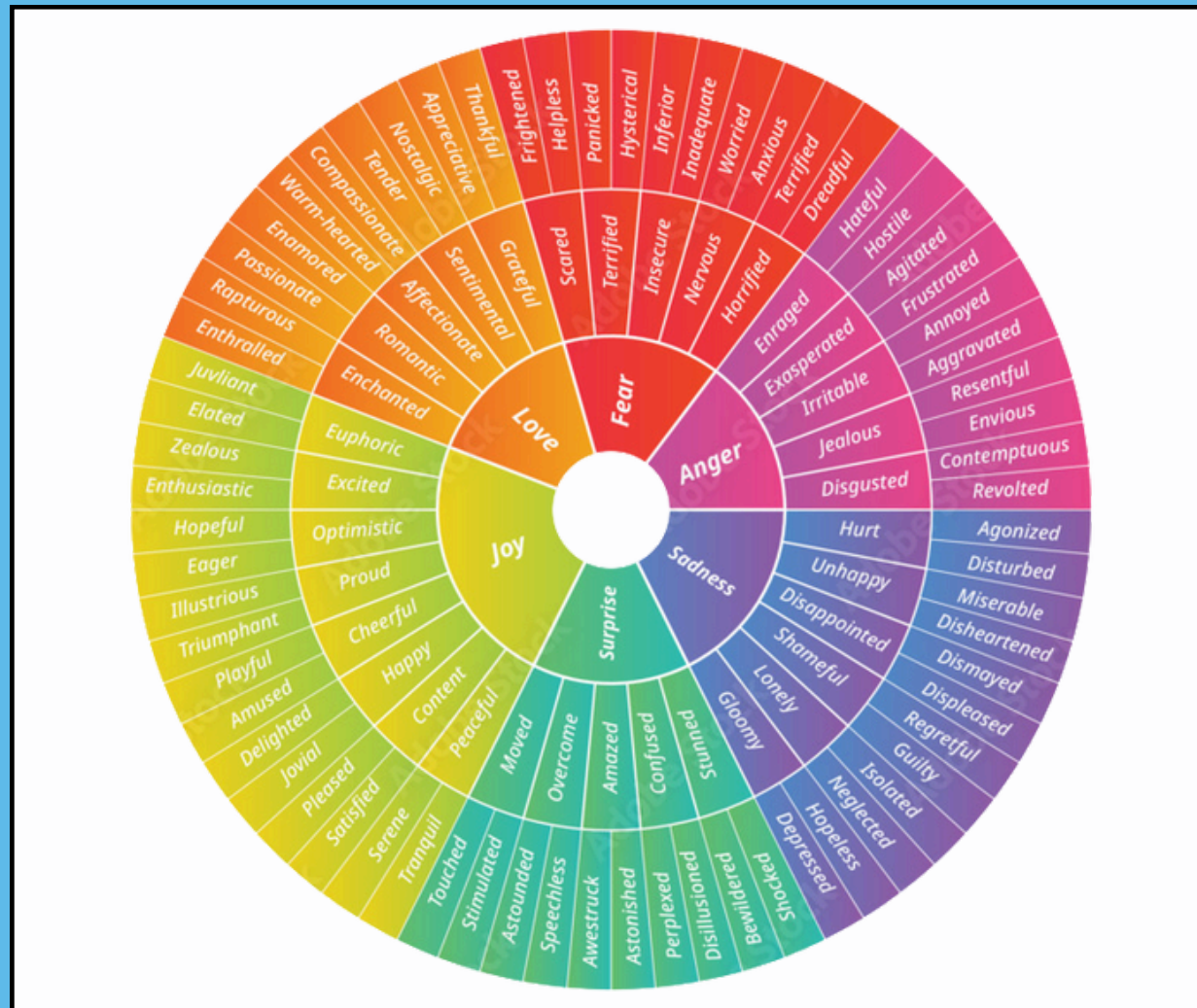
Where in the body do you feel this emotion?



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What Emotion Are You Feeling?



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Answer these questions to help create a plan for regulating your emotions.

Think about the last time that you felt this emotion. What happened right before you felt this way? What made the feeling worse?

When you feel this emotion, what do you usually do? (e.g., cry, yell, hide, try to hurt yourself or someone else, ask for help, fidget, etc?)

What are 3 things you can do to help yourself feel better, calmer and more focused when you feel this emotion? (e.g., take deep breaths, go to a quiet place, draw or write about your feelings, etc.)

Who are the trusted adults, family members, or friends you can go to for help when you're feeling overwhelmed? Who is your favorite person to talk to about problems?

