

Module Improving emotion regulation

Recording emotions

- ▶ Record your emotional state three times a day.
- ▶ Note down how you coped with the emotions.

	Emotional state	Coping with the emotions
Monday		
Morning		
Afternoon		
Evening		
Tuesday		
Morning		
Afternoon		
Evening		
Wednesday		
Morning		
Afternoon		
Evening		
Thursday		
Morning		
Afternoon		
Evening		
Friday		
Morning		
Afternoon		
Evening		
Saturday		
Morning		
Afternoon		
Evening		
Sunday		
Morning		
Afternoon		
Evening		

Emotion regulation skills

- ▶ Table 1: Write down how you can reduce vulnerability to negative emotions.
- ▶ Table 2: Specify how you can apply different emotion regulation skills.
- ▶ Table 3: Write down strategies to manage anger.

Reducing vulnerability to negative emotions
Strategies to create a daily structure:
Strategies to create a balanced eating pattern:
Strategies to create a balanced sleeping pattern:
Activities that give a feeling of competence:
Activities that give a pleasant feeling:

Emotion regulation skills
What can help to experience my emotions:
Strategies for opposite action:
Relaxation exercises:
Activities to provide distraction:
Pleasant activities:
People who can support me:

