EMOTION REGULATION WORKSHEET 9
(Emotion Regulation Handouts 14–20) (p. 1 of 2)

Steps for Reducing Vulnerability to Emotion Mind

Due Date: __________ Name: ____________________________ Week Starting: __________

For each emotion regulation skill, note whether you used it during the week, and describe what you did. Write on the back of this sheet if you need more room.

**ACCUMULATE POSITIVE EMOTIONS: SHORT TERM**
INCREASED daily pleasant activities (circle): M T W Th F S Sun
Describe: ____________________________________________

**ACCUMULATE POSITIVE EMOTIONS: LONG TERM; BUILDING A LIFE WORTH LIVING**
VALUES considered in deciding what goals to work on (see Emotion Regulation Handout 18):

LONG-TERM GOALS worked on (describe):
_________________________________________

AVOIED AVOIDING (describe):
_________________________________________

**MINDFULNESS OF POSITIVE EXPERIENCES WHEN THEY OCCURRED**
Focused (and refocused) attention on positive experiences: ___________________________________
Distracted from worries if they showed up: ___________________________________

**BUILD MASTERY**
Scheduled activities to build a sense of accomplishment (circle): M T W Th F S Sun
Describe: ____________________________________________

Actually did something difficult, **BUT** possible (circle): M T W Th F S Sun
Describe: ____________________________________________

**COPE AHEAD**
Describe a situation that prompts unwanted emotions (fill out Steps 1 and 2 of checking the facts on Emotion Regulation Worksheet 5 if necessary):
_________________________________________

Way that I imagined coping effectively (describe):
_________________________________________

Way that I imagined coping with new problems that might arise (describe):
_________________________________________

(continued on next page)
Pleas... Skills

Have I . . .

Treated Physical illness? ________________________________

Balanced Eating? ________________________________

Avoided mood-Altering substances? ________________________________

Balanced Sleep? ________________________________

Exercised? ________________________________