

# EMOTION REGULATION WORKSHEET

---

## Identifying the Function of the Emotion

Identify an emotional reaction (lasting a few moments to a few minutes) during the week and describe the following:

1. What was the prompting event?
2. What was your interpretation?
3. What was the emotion and intensity (0-100)?
4. Use the following to identify the function(s) of the emotion:
  - a. Did the emotion communicate something to others or influence their behavior? If so, describe:
  - b. Did the emotion organize or motivate you to do something? If so, describe:
  - c. Did the emotion give you information, color your perception, or lead you to any conclusions? If so, describe: