

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:

- Seth R. Axelrod, PhD, 4-23-2004 adapted from Marsha Linehan's (1993) *Skills Training Manual for Treating Borderline Personality Disorder*.