

You've Got Skills

Emotion Regulation Skills

Check off the vulnerability factors that effect your mood negatively and what steps you plan to take to reduce these vulnerability factors in your life.

- Lack of sleep Substance Use (alcohol or drugs)
- Poor eating habits: eating too much or eating too little Physical Illness
- Mental Illness Lack of exercise Lack of a social support system
- Feeling incompetent or incapable Feeling out of control or insecure

Steps I will take to address these vulnerabilities are:

Identify below the triggers that come up in your relationship on a regular basis that elicit anger inside of you. Focus on the themes or factual data as opposed to your interpretations and assumptions. (i.e. “when they say they are unhappy,” or “when they roll their eyes at me” or “when areas of my competence are questioned”).

I become angry when my partner does or says...

1)

2)

3)

4)

What are my beliefs, assumptions and interpretations of this situation?

How can I reframe the way I see my partner or the situation that will help me manage my emotions more effectively?

Now select one of those issues mentioned above that is the most bothersome to you and identify your deeper emotions.

- Sadness Fear Shame (“I am bad.”) Inadequate
- Guilt (“I did something bad.”) Other: _____

What am I feeling in my body?

- Tension in my throat Butterflies in my stomach Fire in my heart
- Shortness of Breath Shaky knees Other: _____

What are my facial expressions? Posture? Gestures?

- Rolling my eyes Heavy sign Flailing my arms in the air
- Frown and tense jaw Slumped over Other: _____

What are my action urges?

- Complain Prove my point Yell Blame
- Find fault in the other Other: _____

What do I say or do?

What are the after effects?

What can I do differently next time that will help me be less reactive and regulate my emotions?

- Breath Practice mindfulness Take a time out Reduce vulnerability
- Remind myself that I am not my emotions and have a choice to not react
- Changing my tone Visualize being grounded and supported by the earth
- Sending love and light into the conversation Shaking out the tension
- Being intentional with my words Being empathetic towards my partner
- Modifying my body gestures Engage in an opposite action or emotion Other: _____