Teen Emotion Regulation Steps

Notice. Name and rate. Cool the body. Choose. Reflect.

Name: _____ **Date:** _____

1. Notice the cue

Body, thoughts, urge, scene.

2. Name it + rate

Feeling word. Rate 0 to 10.

3. Cool the body

Breath, cold, walk, stretch.

4. Check the window

In window, too high, too low?

5. Choose a skill

STOP, TIPP, opposite, PLEASE.

6. Act on values

What fits who I want to be?

7. Reflect briefly

What helped? What next time?

8. Log the practice

Cue, number, skill, outcome.

Tip: cool the body first, then choose. Regulation is not suppression or venting.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Feelings are signals. Skills give you options that fit your values.

Original layout by Lotus & Tulip, based on teen emotion regulation skill practice. A practice tool, not therapy.

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My Emotion Regulation Plan

Trigger. Body cues. Intensity. Skill menu. After-plan.

Name: _____ **Date:** _____

Trigger / situation (who, where, what happened):

_____

Body cues I notice (chest / jaw / stomach / thoughts / urge):

_____

Intensity 0-10: _____ **Feeling word:** _____

Skill menu (circle 2 to 3 I will try):

Slow breath · Cold water on wrists · Walk / exit room

STOP pause · Opposite action · Urge surf briefly

Grounding 5-4-3-2-1 · Check the facts · Text a safe person

Other: _____

After-plan (what I will do once intensity drops 2+ points):

_____

_____

Values check (what kind of person do I want to be here?):

_____

What I will try next time earlier (at a lower number):

_____

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Emotion Regulation Practice Log

Seven days of cues, skills, and reflections.

Name: _____ **Date:** _____

Day / date	Trigger / cue	0-10	Skill used	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Cue: _____ Skill: _____

Notice · Name/rate · Cool body · Choose · Reflect

Feelings are signals. Skills give options that fit your values.

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