My Emotion Map

Track strong emotions, the urges that come with them, and what really helps.

Name: _____ **Date:** _____

1 My emotion log

One line each time an emotion feels too big, too long or too hard to shake

What happened	Emotion and 0 to 10	The urge I had	What I did	Helped? Short / long term

2 Strategies I tend to use

Tick honestly. Everyone uses some from both lists

Linked with fewer problems

- ☐ Rethink it
- ☐ Solve the problem
- ☐ Accept and allow it
- ☐ Reach out to someone
- ☐ Healthy distraction
- ☐ Name the feeling
- ☐ Move my body
- ☐ Slow my breathing

Linked with more problems

- ☐ Go over it again and again
- ☐ Avoid it
- ☐ Bottle it up
- ☐ Vent at someone
- ☐ Numb it (drink, food, scrolling)

3 My body's early signs

Tick the ones that show up first. They are your signal to use the plan

- ☐ Tight chest
- ☐ Heart racing
- ☐ Lump in throat
- ☐ Hot face
- ☐ Tense shoulders
- ☐ Shaky or restless
- ☐ Heavy or flat
- ☐ Stomach churning

4 My emotion patterns

Look back over the log at the end of the week

Emotions that come up most (be precise: hurt, dread, ashamed, let down):

Situations, people or times that set them off (tired, hungry, rushed):

The strategy that cost me most, and one I want to use more:

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My Emotion Regulation Plan

Lower the fuel, step in early, rethink what you can, ride out what you can't.

Name: _____ **Date:** _____

1 Lower my vulnerability
The basics that make every emotion easier to handle

Sleep (my bedtime and wake time): _____

Meals and movement (what and when): _____

One thing each day I enjoy or feel good at: _____

2 Five points to step in
Earlier is easier. Write one thing you will try at each point

1. Pick the situation
Plan when, where, or whether _____

2. Change the situation
Ask for a break, change the setup _____

3. Shift attention
A task, music, a walk _____

4. Rethink it
Another way to see what it means _____

5. Calm the response
Slow breaths, cold water, a pause _____

3 First thought, balanced thought
What else could be true? What would I tell a friend?

First thought	Balanced, fairer thought

4 Ride it out
When I can't change it right now: name it, allow it, let it pass

I notice I feel _____ **It is strong, and**

I will let it rise and fall by _____ **it will pass**

5 My 7 day check
Each evening: rate your strongest emotion, 0 to 10, and tick if you used the plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strongest 0 to 10							
Used my plan	☐	☐	☐	☐	☐	☐	☐

Good to know

1. Not a test or a diagnosis. This page is not the DERS, the ERQ or any other published scale and gives no score.
2. Emotions carry information. The goal is a say in how strong they get and what you do, not to stop feeling.
3. If emotions lead to self harm, heavy drinking or frightening behavior, talk to a therapist or doctor now.

In the US: call or text 988 in a mental health crisis.

I will review this plan with someone on: _____

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