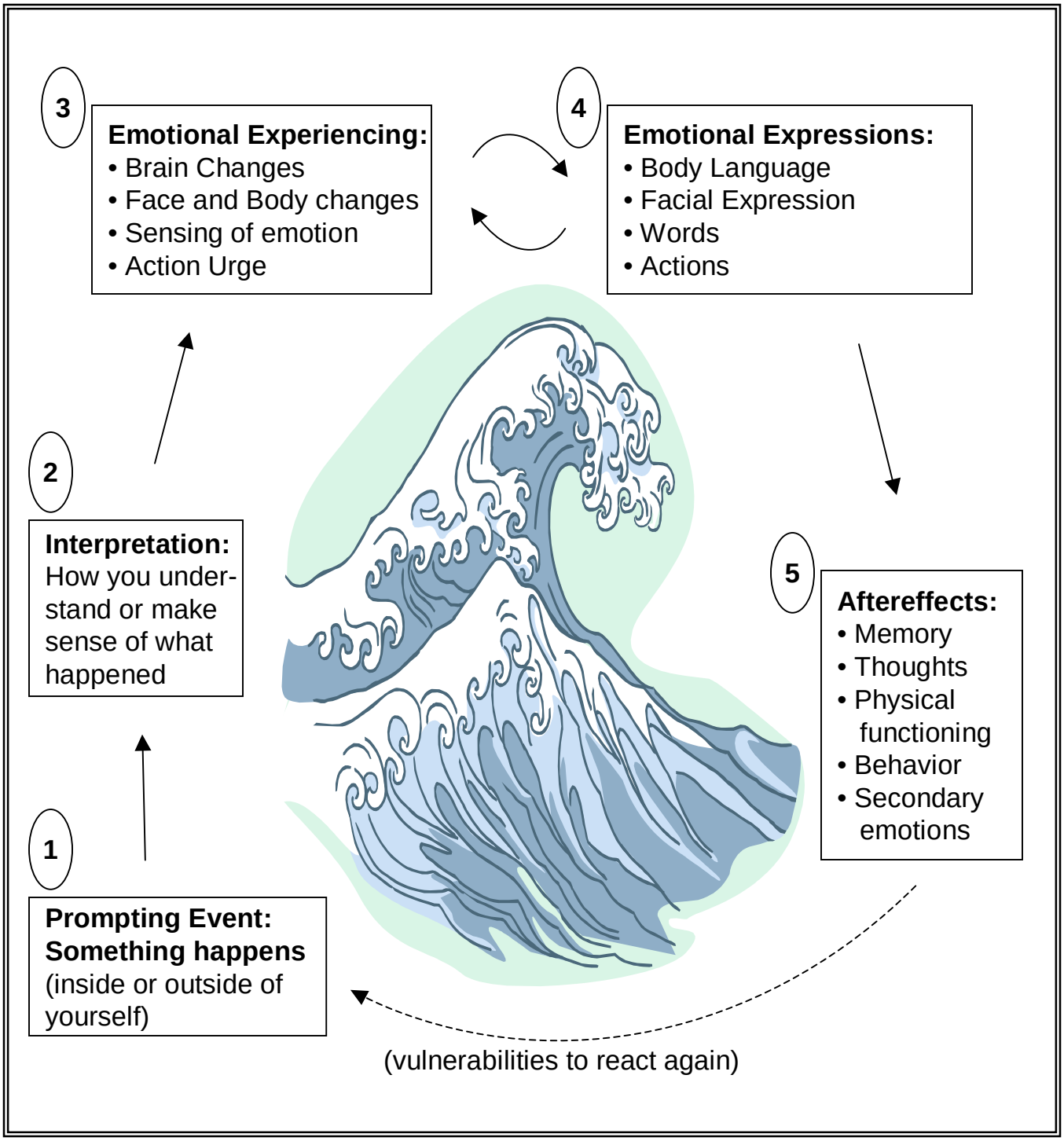
EMOTION REGULATION HANDOUT

Model for Describing Emotions



Seth Axelrod, PhD, 12-17-08, adapted from *Skills Training Manual for Borderline Personality Disorder* by Marsha LInehan (1993)

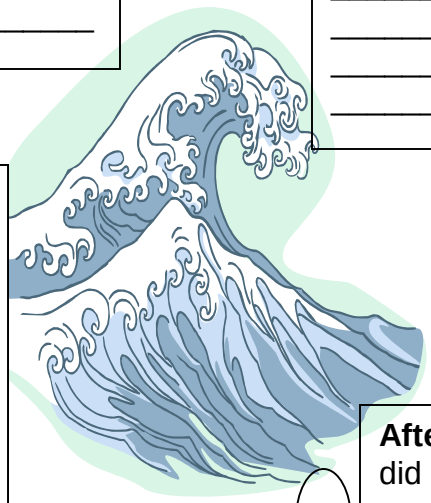
EMOTION REGULATION WORKSHEET

Model for Describing Emotions

Emotion I am describing: _____ Intensity (0-100): _____

3 **Emotional Experiencing:** What did I feel in my face/body? What did I feel like doing or saying? _____

4 **Emotional Expressions:** What were my facial expressions, gestures, and body language? What did I do or say?_____



2 **Interpretation:** How did I understand or make sense of what happened? What did I tell myself about this event?

5 **Aftereffects:** What effect did this emotion have on me (state of mind, other emotions, behaviors, thoughts, memories, my body)? _____

1 **Prompting Event**: What was it that triggered my emotion (who did what, when, where? Or, what thought, memory, etc.)?

(vulnerabilities to react again)

Seth Axelrod, PhD and Melissa Ming Foynes, MS, 8-2-09, adapted from *Skills Training Manual for Borderline Personality Disorder* by Marsha LInehan (1993)