



MODULE 1 WORKSHEET | INTRODUCTION TO EMOTION REGULATION

Regulating emotions can be hard. Sometimes we don't know what we are feeling, and sometimes we don't know if we want to change it, let alone how to go about changing it. To make it more complicated, sometimes the same emotion can be both helpful and harmful. For example, we may feel anxious when we have an exam coming up – This feeling can help motivate us to study harder so that we perform well in the exam, or sometimes this feeling can become overwhelming and hamper our ability to study effectively. With practice, you can get better at identifying and regulating your emotions.

1. Which of the following is not a stage of the Emotion Regulation Model?

- a. Situation Modification
- b. Memory Consolidation
- c. Appraisal
- d. Response Modulation

2. List three situations which make you feel distressed or overwhelmed.



3. For each of these situations, how would you have liked to feel?

4. For each of these situations, describe how you could modify the situation to make you feel less like your initially stated emotion, and more like your preferred emotion.

*By considering how we can modify what happens
in a situation, we can regulate our emotions.*

