



Transdiagnostic Emotion Regulation Worksheet

Name: _____

Date: _____

Instructions: Complete one row as close to the emotional moment as possible. Use this over several days to notice patterns in what triggers strong emotion for you and how you tend to respond.

Date / Time	Trigger	Emotion & Intensity (0–100)	Physical Sensation	Urge to Act	What You Actually Did



End of Week Reflection

Do certain triggers keep showing up across different emotions?

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Did the intensity tend to go down on its own with time?

Is there a gap between what you felt the urge to do, and what actually helped?