

## EMOTION REGULATION 4: FEELINGS MODEL Worksheet

**CORE CONCEPT:** Use this worksheet to discover how emotions (and emotional patterns) happen.

Describe the **event**: What happened; who, what, when, and where?

---

---

Describe your interpretation: What judgment, evaluation, self-talk, or belief was activated?

---

---

Describe your **emotion**: What is happening physically? What body language do you detect? Put a name on the emotion; using a feeling chart if needed. Identify underlying emotions, too, if possible:

---

---

Describe your **action urge**: What action, inaction, or communication are you being emotionally pulled toward? Would it fit Wise Mind? This is a moment of **CHOICE**:

---

---

Describe your behavior: What action or inaction can be made? Participate using Effectiveness:

---

---

Describe the consequences: What consequences occurred? Include other emotions, thoughts, actions, and inactions, and their effect on relationships and situations. How did the results set up the next event (e.g., did a pattern continue or did the cycle change?):

---

---