EMOTION REGULATION HANDOUT
Model for Describing Emotions

1. Prompting Event:
   Something happens
   (inside or outside of yourself)

2. Interpretation:
   How you understand or make sense of what happened

3. Emotional Experiencing:
   - Brain Changes
   - Face and Body changes
   - Sensing of emotion
   - Action Urge

4. Emotional Expressions:
   - Body Language
   - Facial Expression
   - Words
   - Actions

5. Aftereffects:
   - Memory
   - Thoughts
   - Physical functioning
   - Behavior
   - Secondary emotions

(vulnerabilities to react again)

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): ________________

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

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

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?
   ________________________________________________
   ________________________________________________
   ________________________________________________
   ________________________________________________
   ________________________________________________

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

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