

Emotion Regulation Worksheet (DBT-Inspired)

Name & Validate

Naming emotions reduces reactivity. Add a brief validating statement (e.g., 'It makes sense I feel...').

Emotion	Intensity (0-10)	Urge	Wise Mind Response

PLEASE Skills Checklist

- Physical health: sleep, nutrition, movement.
- Treat illness: follow medical advice.
- Avoid mood-altering substances.
- Balanced eating and sleep-wake rhythm.
- Exercise: even 10–15 minutes helps.

Opposite Action Plan

When emotions are not justified by facts, try the opposite action to shift your state.

Emotion	Urge	Opposite Action	Safety Check / Supports

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