

## DBT Emotional Regulation Skills Worksheet

Respond to the following questions honestly as much as possible by sharing how well you could control and regulate your own emotions.

**Write down the situation that distressed you.**

**(S-Stop-Self Reflect)**

**What did you do to stop yourself from reacting, and how did you control it?**

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**T-(Take A Step Back)**

**Did you take a step back before reacting? What are the other alternatives that you chose?**

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**O-(Observe)**

**Did you distanced yourself from the situation and analyzed it in a third person before reacting?**

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**P-(Proceed)**

**How did you proceed, what course did you choose?**

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