A PAUSE, A PRACTICE, A NEXT STEP

Emotional Dysregulation

When feelings become hard to steer.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice an early signal

Look for a change in your voice, muscle tension, urge to withdraw, or racing thoughts. Earlier signals may be easier to respond to than peak intensity.

01 / Notice and reflect

What was my earliest signal?

02 / Notice and reflect

What urge came with the emotion?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for care when reactions feel difficult to control, affect relationships or daily functioning, or include self-harm or aggression. Immediate danger needs urgent support, not just a calming exercise.

Read more: Cleveland Clinic · Emotional dysregulation

More tools and immediate support: Our Healing Room / Crisis Support.