
The Skills that
Assist in
Regulating
Emotions

# Steps for Reducing Vulnerability to Emotion Mind

Due Date: Name: Week Starting: _____

For each emotion regulation skill, note whether you used it during the week, and describe what you did. Write on the back of this sheet if you need more room.

**A**

**ACCUMULATE POSITIVE EMOTIONS: SHORT TERM**

INCREASED daily pleasant activities (circle): M T W Th F S Sun

Describe: _____

**ACCUMULATE POSITIVE EMOTIONS: LONG TERM; BUILDING A LIFE WORTH LIVING**

VALUES considered in deciding what goals to work on (see Emotion Regulation Handout 18):

LONG-TERM GOALS worked on (describe):

AVOIDED AVOIDING (describe):

**MINDFULNESS OF POSITIVE EXPERIENCES WHEN THEY OCCURRED**

Focused (and refocused) attention on positive experiences: _____

Distracted from worries if they showed up: _____

**B**

**BUILD MASTERY**

Scheduled activities to build a sense of accomplishment (circle): M T W Th F S Sun

Describe: _____

Actually did something difficult, **BUT** possible (circle): M T W Th F S Sun

Describe: _____

**C**

**COPE AHEAD**

Describe a situation that prompts unwanted emotions (fill out Steps 1 and 2 of checking the facts on Emotion Regulation Worksheet 5 if necessary):

Way that I imagined coping effectively (describe):

Way that I imagined coping with new problems that might arise (describe):

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# PLEASE Skills

Have I . . .

**Treated PhysicaL illness?** _____

_____

**Balanced Eating?** _____

_____

**Avoided mood-Altering substances?** _____

_____

**Balanced Sleep?** _____

_____

**Exercised?** _____

_____

# Pleasant Events Diary

Due Date: _____ Name: _____ Week Starting: _____

Accumulating pleasant events can take planning. For each day of the week, write down at least one pleasant activity or event that is possible for you. In the next column, write down for each day the pleasant event or activity that you actually engaged in. Fill out an Observing and Describing Emotions worksheet (Emotion Regulation Worksheet 4 or 4a) if necessary, plus this diary sheet.

| Day of week | Pleasant event(s) planned | Pleasant event(s) I actually did | Mindfulness of pleasant event (0–5) | Letting go of worries (0–5) | Pleasant experience (0–100) | Comments |
|---|---|---|---|---|---|---|
| | | | | | | |
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# Build Mastery and Cope Ahead

Due Date: _____ Name: _____ Week Starting: _____

In the far left column, put down the days of the week. Then write plans for practicing mastery in the first column under "Build Mastery." At the end of the day, write in the second column what you actually did to increase your sense of mastery. Under "Cope Ahead," describe a problem situation in the first column, and then describe in the second column how you imagined coping skillfully. Also, check whether it helped.

| Day | Build Mastery | | Cope Ahead | |
|---|---|---|---|---|
| | Activities planned for building mastery | Activities I actually did for building mastery | Future problem situation | How I imagined coping effectively (describe) |
| | | | **1.** | |
| | | | | |
| | | | | |
| | | | | Helpful? ❑ YES ❑ NO |
| | | | **2.** | |
| | | | | |
| | | | | |
| | | | | Helpful? ❑ YES ❑ NO |

# Putting ABC Skills Together Day by Day

Due Date: _____ Name: _____ Week Starting: _____

This worksheet is for tracking your planned ABC tasks throughout each day. At night or first thing in the morning, write down what you plan to do that day; as you go or at the end of the day, write down what you actually did. Over time, you will find that you can do more and more of what you plan, and as you do that you will find your vulnerability to negative emotions going down.

Rate your negative mood or emotions at start of day (0–100): ____ And negative mood or emotions at end of day (0–100): _____

| Daytime Hours | PLANNED ACTIVITIES | | | WHAT I ACTUALLY DID | | |
|---|---|---|---|---|---|---|
| | **Accumulate Positive Emotions** | **Action to Build Mastery** | **Cope-Ahead Task** | **Accumulate Positive Emotions** | **Action to Build Mastery** | **Cope-Ahead Task** |
| Before 8 A.M. | | | | | | |
| 8 A.M. to 12 noon | | | | | | |
| 12 noon to 4 P.M. | | | | | | |
| 4 P.M. to 8 P.M. | | | | | | |
| After 8 P.M. | | | | | | |
| **Total Number of Activities** | | | | | | |

# Putting ABC Skills Together Day by Day

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MARSHA FERRICK

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