AGES 12–18 PRINTABLE WORKSHEET

Emotional Regulation Plan



WHAT THIS IS

You cannot always control feelings, but you can choose how to respond. A plan made when you are calm is easier to use when you are not.

HOW TO USE IT

1. Fill in your triggers and usual reactions.
2. Choose a better response for each.
3. Practice the Pause, Name, Choose steps.

EXAMPLE

"Trigger: being interrupted. Usually: snap. Better: take a breath, say, 'Let me finish.'"

1
Pause
Breathe before reacting.

2
Name
What am I feeling? Why?

3
Choose
What response fits my values?

Trigger	What I usually do	A better response

Warning signs I am heating up

_____

_____

My go-to reset tools

- ☐ Walk or move
- ☐ Music
- ☐ Breathing
- ☐ Talk to someone
- ☐ Write it out

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