



12 Essential Emotion Regulation Skills



Below are 12 emotion regulation skills essential for success
Rate each question according to this scale to determine your skill level

1= Never 2= Rarely 3= Sometimes 4= Usually 5= Always

- _____ 1. **I know how to prioritize my physical needs and I practice good self-care.**
I put myself to bed for at least 7.5 hours of sleep. I exercise & eat healthy foods.
- _____ 2. **I am able to accurately identify my emotions.**
I recognize when depression, fear, anxiety & insecurity are disguised as blame, irritability, worry, jealousy, resentment or anger. I take responsibility for my emotions rather than blaming someone else for how I feel.
- _____ 3. **I am able to accurately identify which emotions someone else is feeling.**
I label others' emotions correctly rather than just labelling others as "in a bad mood." I identify when someone's anger tantrum is actually anxiety, insecurity or fear. I do not personalize someone else's emotions to be about me, my responsibility or my fault.
- _____ 4. **I am able to start and finish my projects & achieve goals, even when I feel anxious.**
- _____ 5. **I am able to tolerate uncomfortable feelings, including conflict and anxiety.**
I communicate assertively when it's the right thing to do, no matter how I feel.
- _____ 6. **I problem-solve and negotiate conflict directly. I open up by sharing my vulnerable feelings.** *I do not stonewall, avoid or flee difficult or uncomfortable conversations.*
- _____ 7. **I am able to soothe or comfort my own emotions in healthy ways.**
I know how to cheer myself up. I problem- solve my worries and insecurities. I calm my anger. I forgive my guilt and imperfections. I practice self-compassion when needed.
- _____ 8. **I know how to offer a comforting response to other people's emotions.**
I demonstrate compassion and empathy toward others. I respect boundaries and privacy too.
- _____ 9. **I know how to manage my positive emotions.**
I feel worthy of love, trust and respect. I trust myself enough to experience all of my emotions.
- _____ 10. **I speak my truth and take responsibility for all of my choices, even when it means disapproval from others.** *I don't crumble when someone is pressuring me. I set boundaries and advocate for my own personal rights.*
- _____ 11. **I can wait, share and take turns.**
I am able to save my money or dessert, share the road and wait for my turn.
- _____ 12. **I can handle being told "no" and not getting my own way.**

Information adapted from, Alice Boyes, Ph.D *Emotions skills for personal happiness, success, and smooth relationships.*

Scoring: High scores (4 & 5) indicate strong skills in managing your emotions. You are set for success! Lower scores (1-2-3) indicate opportunity for improvement. Practice makes perfect!

*"There are days I drop words of comfort on myself like falling rain
& remember it is enough to be taken care of by myself."*

Brian Andreas www.Storypeople.com