

## **Journal Prompts for Emotion Regulation:**

### **Understanding My Emotions**

1. What emotions have I experienced most frequently this week?
2. How do I typically react when I feel strong emotions?
3. Are there any emotions I tend to suppress or avoid? Why?
4. What physical sensations do I notice when I experience intense emotions?
5. How does my emotional state impact my thoughts and actions?

### **Recognizing Emotional Triggers**

6. What situations or people tend to trigger strong emotional reactions in me?
7. Are there patterns in when and how I experience certain emotions?
8. How do my past experiences influence my emotional reactions today?
9. What is one recent situation where I felt emotionally overwhelmed? What contributed to it?
10. How do I typically respond to stress, and what emotions come up for me?

### **Healthy Coping Strategies**

11. What are some ways I currently cope with difficult emotions? Are they helpful or unhelpful?
12. What self-soothing activities help me regulate my emotions in a healthy way?
13. How does deep breathing, mindfulness, or grounding techniques affect my emotional state?
14. What is a go-to phrase or mantra I can use when I feel emotionally overwhelmed?
15. How can I show myself compassion when I experience difficult emotions?

### **Shifting Perspective & Managing Reactions**

16. How can I pause before reacting impulsively to a strong emotion?
17. What is one way I can reframe a negative emotional experience?
18. How do I know when I need to step away from a situation to regulate my emotions?
19. What would my wise, calm self say to me when I'm feeling emotionally dysregulated?
20. How do I communicate my emotions effectively without escalating a situation?

### **Building Emotional Resilience**

21. What are some past situations where I successfully managed a difficult emotion?
22. How can I remind myself that emotions are temporary and will pass?
23. What are three things I can do when I feel emotionally dysregulated?
24. How do I know when I need support from others to help regulate my emotions?
25. How can I embrace all of my emotions—positive and negative—without fear or judgment?