

Red Zone Worksheet to Identify & Understand Your Emotion Dysregulation

Select/Circle Emotion: Sadness Anger Fear Shame Guilt Jealousy Envy Joy Love

Note which level is your **current baseline**: Note your **reactivity** (how quick, big, or loud is your reaction):

(Emotion Regulation Handout "Describe Emotions" may be helpful in completing your worksheet)

Date:

Levels of Emotion Intensity (SUDS, 0-100)	Emotion Name (ex: bothered or enraged for anger)	Body Experience (ex: heart rate increases)	Thoughts (ex: "I can't stand this")	Urges & Actions (ex: urge to yell out)
90				
80				
70				
60				
50				
40				
30				
20				
10				
0	=	Asleep		

