

# Red Zone Worksheet to Identify & Understand Your Emotion Dysregulation

Choose and circle one emotion\*: Anger Fear Disgust Jealousy Envy Love Sadness Shame Guilt

Note which level is your **current baseline**: \_\_\_\_\_ Note your **reactivity** (how big or fast is your reaction?): \_\_\_\_\_

\*Emotion Regulation Handout 6: "Ways to Describe Emotions" may be helpful in completing your worksheet.

Enter a description in each column for at least one low, mid-range, and high level of intensity. 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)
100				
90				
80				
70				
Cues:				
60				
Cues:				
50				
Cues:				
40				
Cues:				
30				
Cues:				
20				
Cues:				
10				
Cues:				
0	=	Asleep		



