

EMOTIONAL REGULATION DAILY LOG

Track Feelings, Skills and Progress

Progress includes noticing, practising, and learning, not only feeling calmer.

Date: _____

0-10 intensity: 0 = none, 10 = strongest

SITUATION What happened?	EMOTION INTENSITY Feeling + rating 0-10	SKILL USED What did I try?	RESPONSE What did I do? What changed?	LEARNING What helped? What might I adjust?

REFLECTION

What helped, or what might I adjust next time?