

# My Emotional Regulation Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## This is how I might respond to stress: Circle all that apply

- Feel helpless
- Feel angry (may lose my temper)
- Perfectionist/ feel I am not doing enough
- Lose my ability to solve problems
- Lose sight of the big picture
- Minimize or deny problem exists
- Chronic exhaustion
- Physical ailments/ get sick
- Other:
- Avoidance
- Numb out
- Get distracted easily
- Feel like people are out to get me
- Feel guilty
- Use drugs or alcohol to cope
- Only think about my own troubles
- Need to be alone

## These responses are often triggered by: Circle all that apply

- People don't listen to me
- I am alone /lonely
- Pressure/ deadlines
- Involved in an argument
- Feel left out
- Other:
- Personal information is shared
- Facing a new challenge
- Change in routine
- Threatened
- Being touched
- I don't have control or a say in something that impacts me

## Warnings signs that I am feeling this way are: Circle all that apply

- Sweating
- Pacing
- Red face
- Become very quiet
- Damage things
- Wringing hands
- Clench teeth
- Being rude/ insulting
- Bouncing leg/ fidgeting
- Other
- Singing/ Humming
- Crying
- Breathing Heavy
- Neglect hygiene
- Act hype/ high energy
- Loud voice
- Hurt myself
- Swearing
- Rocking
- Isolating / avoid others

## Things that might help: Circle all that apply

- Time to myself
- Running or walking
- Being with people
- Talking to someone
- Being in nature
- Music
- Exercise
- Lying down
- Coloring/ clay/ art
- Self-talk
- Reading
- Other
- Pacing alone
- Humor
- Holding an ice cue
- Seeing a therapist
- Rocking
- Splashing cold water on face
- Deep breathing
- Singing
- Bouncing a ball/ tossing bean bag
- Listening to a meditation
- Hearing reassurance
- Calling someone I love

\*Adapted from Wisconsin DPI My Emotional Regulation Plan

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## Things that do not help/ make it worse: Circle all that apply

- Being alone
- Being around people
- Noise/ chaos
- Being ignored
- Someone denying my feelings
- Pity/ feeling sorry for me
- Teasing / Joking
- Loud voices
- Being touched/ hugged
- Being reminded of rules/lectured
- Telling me "calm down"
- Other

**Action Plan:** When I notice these warning signs and triggers: \_\_\_\_\_

\_\_\_\_\_, I will

\_\_\_\_\_

to prevent a crisis from developing.

When someone notices \_\_\_\_\_

\_\_\_\_\_, I would like them to help by

\_\_\_\_\_.

Other ideas about what to do if I feel emotionally overwhelmed or upset:

\_\_\_\_\_

\_\_\_\_\_

**People on my support team:** Name people who you would reach out to or would want others to connect to if I needed support:

Name	Relationship	Phone	Email

**If someone needed to deliver important or difficult news to me at work, I would choose:**

\_\_\_\_\_

\_\_\_\_\_ to tell me \_\_\_\_\_ to be there to support me.

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