

# My Emotion Regulation Plan

## Step 1: My Emotional Experience

Triggers

1
2
3
4
5



Recurring Emotional Experiences


## Step 2: My Coping Skills

My Safe People

1. Name: _____	Phone: _____
2. Name: _____	Phone: _____
3. Name: _____	Phone: _____

My Safe Places

1. _____
2. _____
3. _____

My Safe Activities

1. _____
2. _____
3. _____



## Step 3: Did it work?

Notes about my Emotion Regulation Plan:

