

On the left, write the feeling word that corresponds to each level of negative emotion that you experience. On the right, write down the corresponding emotion regulation management technique you will use to help you deal or cope with the feelings on the left.

10. _____

9. _____

8. _____

7. _____

6. _____

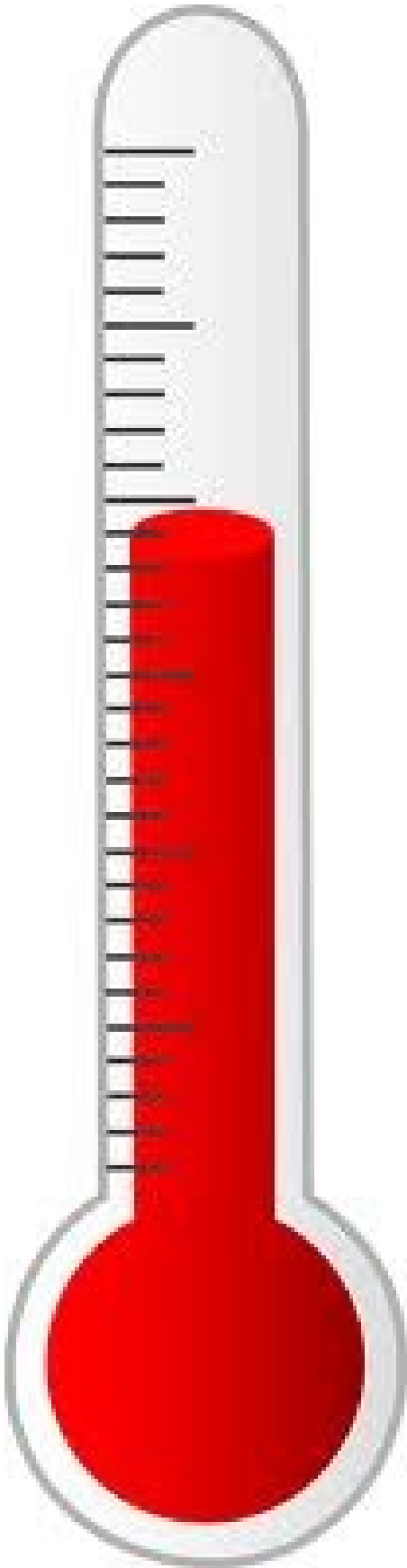
5. _____

4. _____

3. _____

2. _____

1. _____



10. _____

9. _____

8. _____

7. _____

6. _____

5. _____

4. _____

3. _____

2. _____

1. _____