

# Emotion Problem-Solving Worksheet

*A step-by-step guide to managing strong emotions through practical problem solving*

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

Week Starting: \_\_\_\_\_

Due Date: \_\_\_\_\_

Emotion: \_\_\_\_\_

Emotion Intensity (0–100): Before: \_\_\_\_\_ After: \_\_\_\_\_

## Step 1: Identify the Situation

What event or situation triggered your painful emotion? Describe what happened and what makes it a problem for you.

## Step 2: Check the Facts

Are you sure you understand what's really happening? Write down what you know for certain — not guesses or assumptions. If needed, restate the problem using only the facts.

## Step 3: Define a Realistic Goal

What would progress look like for you? Think small and short-term — what needs to change for you to feel a bit better or more in control?

## Step 4: Explore Possible Solutions

List as many ideas, actions, or coping strategies as you can. Write everything that comes to mind — don't judge or edit yet.

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## Step 5: Review Each Option

Look back at your list. Which ideas seem the most practical, safe, and effective? Circle or highlight your top three choices.

## Step 6: Create an Action Plan

Write out your next steps clearly and simply. What will you do, and when will you do it?

## Step 7: Evaluate the Outcome

After you try your plan, reflect on what happened. Did your emotion change? Did you make progress toward your goal?

## Step 8: Notes or Insights

What did you learn about your emotions, your triggers, or yourself through this process?

**Tip:** Use this worksheet whenever you feel stuck in an emotion that can be changed by taking practical action. Practice makes progress — not perfection.

*This worksheet was inspired by emotion regulation and problem-solving techniques commonly used in DBT. This version has been rewritten in original language for personal and educational use.*