

Emotion Diary

DBT emotion regulation

The way you express your feelings can have a big impact on others. For example, yelling when you're angry can frighten or alienate people. By reflecting on how your emotions affect others, you can learn to express your feelings more skillfully.

Instructions: Complete the diary for any emotion that leads to tension in your relationship(s):

Emotion	How I Expressed It (words and/or actions)	How Others Responded	How I Can Improve
anger	raised my voice and said something really sarcastic	they left the room and didn't talk to me for hours	walk away before saying something I regret