

On the left, write the feeling word that corresponds to each level of negative emotion you experience.

On the right, write down the corresponding emotion regulation technique to deal or cope with the feelings on the left.

10. \_\_\_\_\_

10. \_\_\_\_\_

9. \_\_\_\_\_

9. \_\_\_\_\_

8. \_\_\_\_\_

8. \_\_\_\_\_

7. \_\_\_\_\_

7. \_\_\_\_\_

6. \_\_\_\_\_

6. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

