

# Dysregulation Log

DATE: \_\_\_\_\_

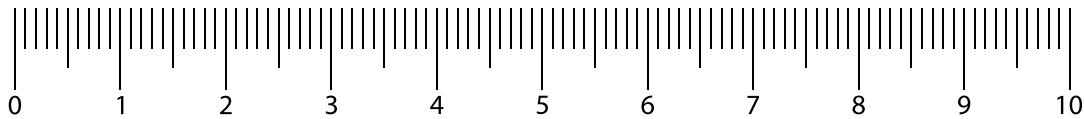
**What was the situation that led to dysregulation?**

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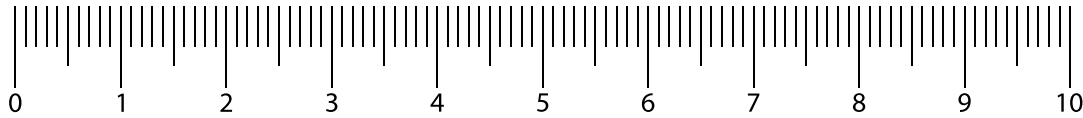
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**How dysregulated did you become (0 being regulated, 10 being very dysregulated)?**



**At what point did you notice you were dysregulated?**



**What was your self-talk in dysregulation? What were the cues to dysregulation in your self-talk (including broad thoughts or cognitive distortions)**

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**What were the emotions that came up with the dysregulation (ex. Hopelessness, frustration, misunderstood, unheard)?**

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**What were your physical cues to dysregulation (ex. Heart-racing, teeth clenching, tense shoulders)?**

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**What were your behavioural cues to dysregulation (ex. chain smoking, emotional cleaning, pacing)?**

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**What was your response to dysregulation, including how you may have coped?)**

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**Which cues to dysregulation could you attune to next time and what intervention/regulation strategy could you use (ex. Reframing thoughts for noticing catastrophic thoughts)?**

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