

# Emotional Regulation Log

**A gentle tool to help you notice patterns, understand triggers, and support your nervous system.**

## How This Log Works

This Emotional Regulation Log is designed to help you build awareness around your emotions, reactions, and triggers in a way that feels structured, safe, and non-overwhelming.

The system uses two connected parts:

### 1. Quick Entry Page

On the first pages of the log, you'll see a numbered list with space for the date and a brief description of the situation (e.g., "argument with roommate," "felt overwhelmed starting homework," "unexpected sensory overload").

These numbered entries (1–30) are your snapshot moments—simple, fast, low-effort.

✓ Just jot down enough so you remember what happened later.

### 2. Detailed Reflection Pages

Each number on your entry page corresponds to a matching number on the reflection pages that follow (e.g., Situation 1, Situation 2, up to Situation 30).

On these pages, you'll find thoughtfully structured prompts such as:

- How did I feel leading up to this moment?
- What likely triggered this?
- How did this reaction affect myself and others?
- Notes for additional context

# Emotion & Trigger Log

| #  | Date | Situation |
|----|------|-----------|
| 1  |      |           |
| 2  |      |           |
| 3  |      |           |
| 4  |      |           |
| 5  |      |           |
| 6  |      |           |
| 7  |      |           |
| 8  |      |           |
| 9  |      |           |
| 10 |      |           |
| 11 |      |           |
| 12 |      |           |
| 13 |      |           |
| 14 |      |           |

| #  | Date | Situation                               |
|----|------|---|
| 15 |      |   |
| 16 |      |   |
| 17 |      |   |
| 18 |      |   |
| 19 |      |   |
| 20 |      |   |
| 21 |      |   |
| 22 |      |   |
| 23 |      |   |
| 24 |      |   |
| 25 |      |   |
| 26 |      |   |
| 27 |      |   |
| 28 |      |   |
| 29 |      |   |
| 30 |      | <p>The ExecutiveFunctionToolkit.com</p> |

1

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

2

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

3

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

4

|           |
|-----------|
| Situation |
|-----------|

|   |                             |   |
|---|-----------------------------|---|
| How did I feel leading up to this moment? | What likely triggered this? | How did this reaction affect myself and others? |
|---|-----------------------------|---|

Notes:

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5

|           |
|-----------|
| Situation |
|-----------|

|   |                             |   |
|---|-----------------------------|---|
| How did I feel leading up to this moment? | What likely triggered this? | How did this reaction affect myself and others? |
|---|-----------------------------|---|

Notes:

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6

|           |
|-----------|
| Situation |
|-----------|

|   |                             |   |
|---|-----------------------------|---|
| How did I feel leading up to this moment? | What likely triggered this? | How did this reaction affect myself and others? |
|---|-----------------------------|---|

Notes:

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7

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
|---|

|                             |
|-----------------------------|
| What likely triggered this? |
|-----------------------------|

|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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8

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
|---|

|                             |
|-----------------------------|
| What likely triggered this? |
|-----------------------------|

|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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9

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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10

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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11

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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12

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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13

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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14

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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15

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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16

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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17

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
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|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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18

|           |
|-----------|
| Situation |
|-----------|

|   |
|---|
| How did I feel leading up to this moment? |
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|                             |
|-----------------------------|
| What likely triggered this? |
|-----------------------------|

|   |
|---|
| How did this reaction affect myself and others? |
|---|

Notes:

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19

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

20

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

21

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

22

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

23

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

24

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

25

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

26

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

27

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

28

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

29

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes:

30

Situation

How did I feel leading up to this moment?

What likely triggered this?

How did this reaction affect myself and others?

Notes: