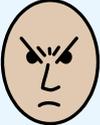
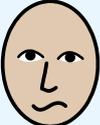
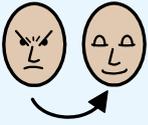


EMOTIONAL REGULATION SELF-ASSESSMENT TOOL

Name:

Emotions	Scale (Level)	Activities that make me:
 This makes me lose control	5	
 This can really upset me	4	
 This can start to make me feel nervous	3	
 This activity I am mostly OK with	2	
 This activity never bothers me and helps me relax	1	