Reappraisal Task Worksheet

1. Describe the difficult or stressful experience. One sentence is sufficient.

2. Record feelings during the experience

   A. Limit your description to the one word or phrase that best describes the feeling.

   B. Intensity of the feeling. Use a scale from 0 to 100.

   How intense was your feeling **during** the experience? _______
   (0 = No feeling at all     100 = The most intense feeling in your life)

   How intense is your feeling about the experience **now**? _______
   (0 = No feeling at all     100 = The most intense feeling in your life)

3. Record thoughts during the experience
### 4. A. Name of Person _____________________

B. Your relationship to that person _______________________

<table>
<thead>
<tr>
<th>How reasonable does this view seem on a scale from 0 to 100?</th>
<th>(0 = Not at all reasonable, 100 = Completely reasonable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do you feel after considering this view on a scale from 0 to 100?</td>
<td>(0 = Not bad at all, 100 = Most intense ever)</td>
</tr>
</tbody>
</table>

### 6. How could you view it so that you felt little emotion?

How reasonable does this view seem on a scale from 0 to 100?__________
(0 = Not at all reasonable, 100 = Completely reasonable)

How do you feel after considering this view on a scale from 0 to 100?__________
(0 = Not bad at all, 100 = Most intense ever)

### 7. How might you view it a full year from now?

How reasonable does this view seem on a scale from 0 to 100?__________
(0 = Not at all reasonable, 100 = Completely reasonable)

How do you feel after considering this view on a scale from 0 to 100?__________
(0 = Not bad at all, 100 = Most intense ever)