

## **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 \_\_\_\_\_**

**5.**

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)

**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)