

Dealing With our Emotions Worksheet

- ❖ If at all possible, **WRITE DOWN** the answers to these questions.
- ❖ Writing things down helps us to see them from a different perspective and allows us to understand our self better.
- ❖ Make a commitment to discuss this worksheet with someone in your life that is trustworthy – i.e. your counselor and/or another trusted person.
- ❖ *Remember: Feelings are the “signals” to stop and become aware of what is going on in our lives.*

1. What am I feeling?
2. What triggered my feelings?
3. Describe the event – Who was involved? Where were you? When did it happen? What else was happening in your life surrounding this event?
4. What do I think about that event?
5. What do I believe about this event?
6. What did I expect about that event or person –
7. What was my emotional reaction?
8. What was the intensity level of it(s)? (on a scale of 1-10, with 10 being the most intense)
9. What do I really need? How often do I need it, 0 - 100 %
10. How did I respond?
11. Now with the above information how do I want to respond?
12. Now, how do I feel about myself?
13. What memories, if any, does this bring to mind?