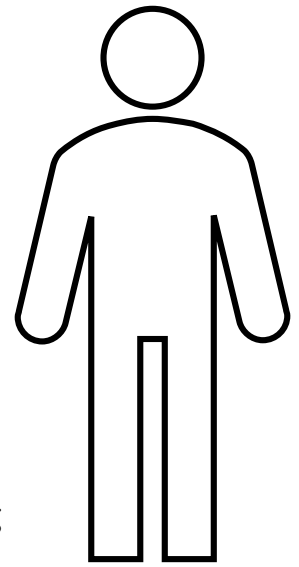


Examining an Emotion

(Expanded for Base State Emotions)



Part 1: Describing Your Emotion

1. Name the emotion: _____
2. Where is the emotion in your body? Draw here ----->
3. How intense is the emotion? (Circle a number below)

Weak 1 2 3 4 5 6 7 8 9 10 Strong

4. What color is the emotion? _____
5. Describe the emotion. Use adjectives. (Is it fiery, slimy? Does it seem like a rock or chains?)

Part 2: Understanding Your Emotion

1. Try to remember when you felt this way before. Feel the emotion and let your mind bring up a memory. What memory can you find? _____
2. Write down what happened in the memory the first column below.
3. Write down how you felt at each step of them memory in the second column.
4. Write down why you felt that way in the third column.

What happened?

How did you feel?

Why did you feel that way?

Part 3: Assessing Your Emotion

1. Look at how you felt over time and the reasons you felt that way. Does each reason make sense? Could you have misunderstood anything? _____

2. Did you do the best you could in that moment? _____

3. Were there factors outside your control which dictated your own or others' actions?

4. Is the emotion helping you in this or future situations? What is your goal?

5. What else might have caused what happened? Were your actions at fault? Are you improperly blaming others? _____

6. Are you taking anything too personally? Do you really understand why other people did the things they did? _____

7. Does this emotion align with what you think about yourself? Does this emotion align with how you want to view yourself? Why or why not? _____

8. Does my emotion lead me to take actions which make me happy and feel better? How is this contributing to my behavior and what I want in my life? Am I craving anything? Am I running away from anything? _____

Part 4: Comparing the Change in Your Emotion

1. Name the emotion: _____
2. Where is the emotion in your body? Draw here ----->
3. How intense is the emotion? (Circle a number below)

Weak 1 2 3 4 5 6 7 8 9 10 Strong

4. What color is the emotion? _____
5. Describe the emotion. Use adjectives.

6. How does your new description compare with your old one? What changed?

