

EMOTIONAL AWARENESS

- ❖ 1. What emotion feels strongest today?
- ❖ 2. Where do I feel this emotion in my body?
- ❖ 3. What might this emotion be trying to tell me?
- ❖ 4. What triggered this feeling?
- ❖ 5. Have I felt this emotion before in a similar situation?
- ❖ 6. What do I usually do when I feel this way?
- ❖ 7. What would I say to a friend experiencing this emotion?
- ❖ 8. What emotion have I been avoiding lately?
- ❖ 9. What feelings are easier for me to express?
- ❖ 10. What feelings are harder for me to admit?
- ❖ 11. What helped me move through a difficult emotion in the past?
- ❖ 12. What does my emotional state need today?
- ❖ 13. How can I respond instead of react?
- ❖ 14. What feeling do I want to make more room for?
- ❖ 15. What emotional habit would I like to understand better?