

Emotion Identification Worksheet

- Go beyond "I feel bad". When broad labels aren't enough, this worksheet helps you look closer. The goal is to get more specific, not perfect. For example, 'stressed' might be a mix of overwhelmed, worried, and frustrated.



1. WHAT AM I FEELING RIGHT NOW?

- ☐ Broad Label (e.g., bad, sad, upset) _____
- ☒ Getting Specific (check any that fit):
 - ☐ Disappointed ☐ Embarrassed ☐ Rejected
 - ☐ Irritated ☐ Lonely ☐ Worried
 - ☐ Other: _____

2. WHAT HAPPENED JUST BEFORE?



Dictionary-style

- audied
- aatonact
- Rejected
- Worried
- Worried
- Frustrated
- Irritated
- Lonely
- Worried
- Other:



3. WORDS TO DESCRIBE IT?

- Look closer: Is it two emotions together? (e.g., Overwhelmed + Worried + Frustrated)

- Find the closest words. _____

4. WHERE IN MY BODY?

Describe physical sensations (tightness, butterflies, tension).



5. WHAT IS IT TELLING ME?

Emotional awareness starts with listening. What might this feeling need?

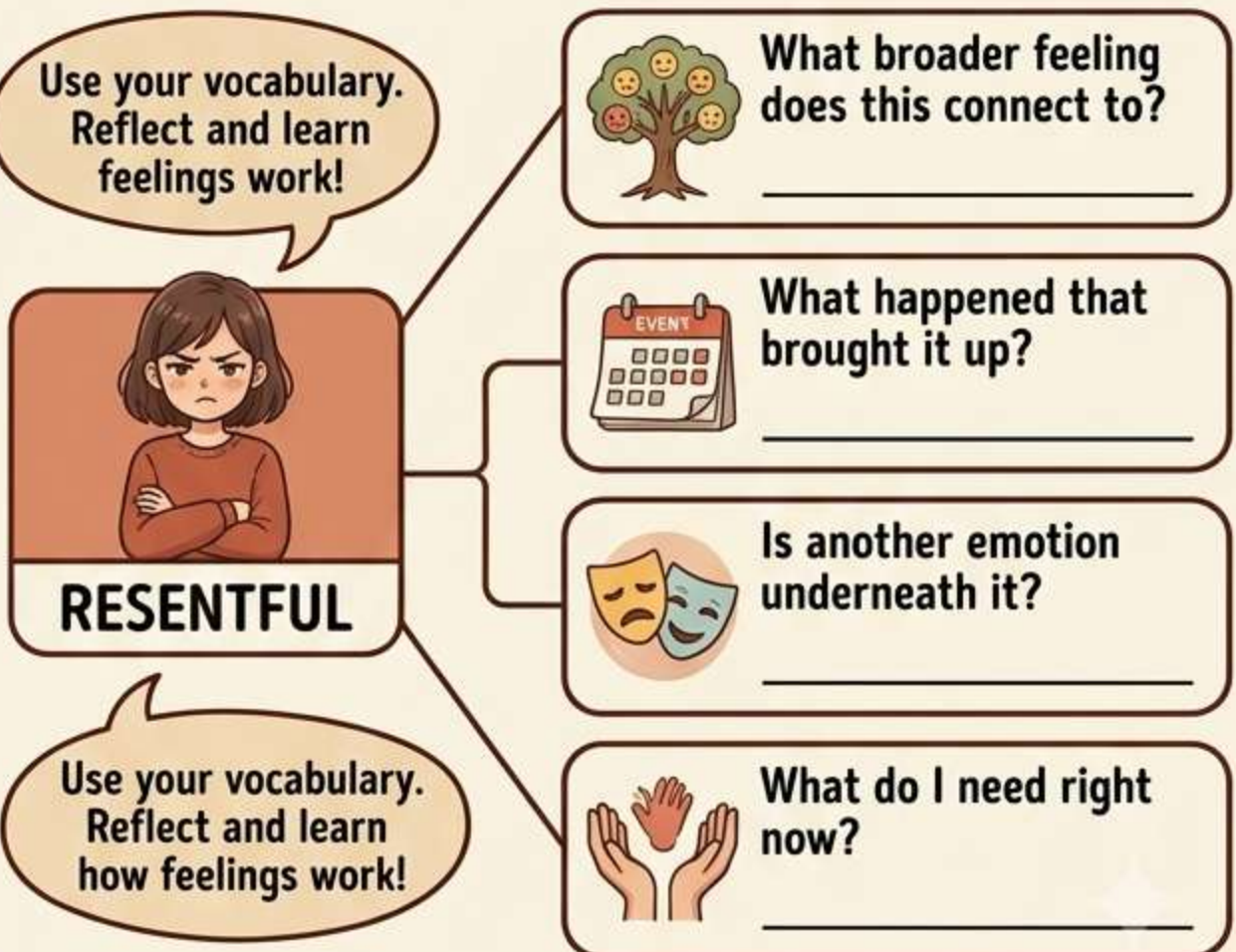


Feelings Vocabulary Worksheet

Part 1: Expand Your Emotional Map: Broad to Specific



Part 2: Analyze the Feeling: Specific to Broad



Feelings Wheel Worksheet



Organizes emotions from broad to specific.

Helps you find language when you feel something.

Step 1: Circle broadest emotion.

Step 2: Move outward to specific word.

More options than just "sad".

More options than just "sad".

Step 3: Write one sentence explaining why. This is where the reflection begins!

Why do I feel frustrated?
(Example: Because I worked hard and it didn't work.)

Great for daily check-ins or journaling.

My Reflection Journal:

.....

.....

.....

.....



Emotion Intensity Worksheet

Understand how strongly you feel, not just what you feel.

Emotion Intensity Scale (1-10)



1-2: Barely noticeable (MILD)

3-4: Present but manageable

5-6: Clearly affecting your attention/behavior

7-8: Difficult to ignore (STRONG)

9-10: Extremely intense (OVERWHELMING)



Before-and-After Tracker



Moment	Emotion	Intensity (1-10)	What changed?
Before conversation	Nervous	7/10	—
During conversation	Nervous	9/10	Felt judged
During conversation	Nervous	9/10	Felt judged
20 min later	Nervous	4/10	Had time to process



Emotions shift over time. Regulation can mean reducing intensity, not making them disappear.



Where Do I Feel the Emotion in My Body?

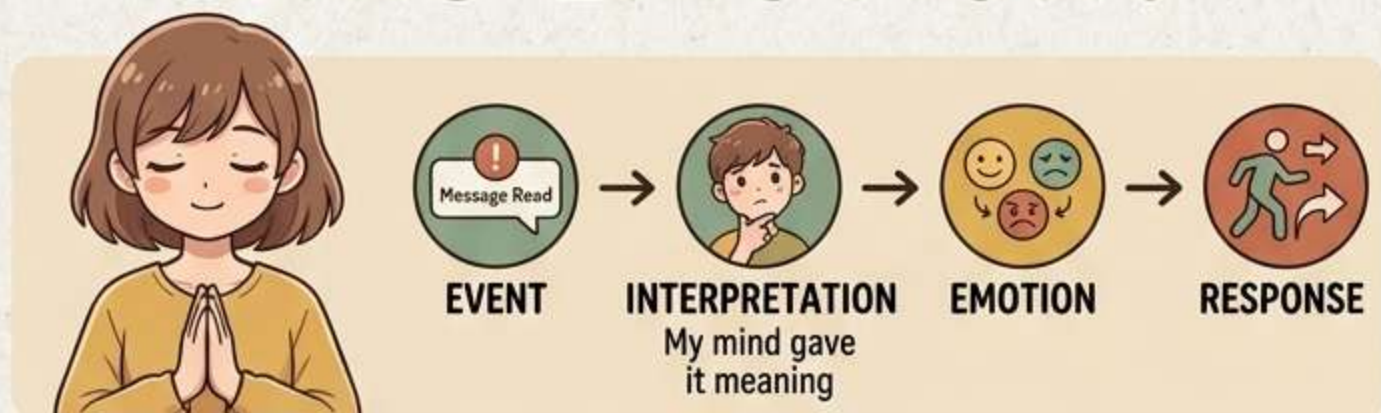
Emotions aren't just thoughts. They have physical signals. Use this worksheet to record your sensations.



	Emotion	Sensation (tight, heavy, warm, etc.)	Location on Body	Does it Move?	When Did I Notice It?	Change After Minutes?
1.						
2.						
3.						
4.						
5.						
6.						



WHAT TRIGGERED THIS EMOTION?



1. WHAT HAPPENED? (The Event)

Observed fact, without adding meaning.

(e.g., Friend left message on read.)

- _____
- _____
- _____



2. MY INTERPRETATION (My Story)

The assumption or story my mind told me.

(e.g., They are annoyed with me.)

- _____
- _____
- _____

3. WHAT EMOTION FOLLOWED? (My Feeling)



What feeling did I notice?

(e.g., worry, rejection)

- _____
- _____
- _____



4. HOW DID I RESPOND? (My Action)

What I did, avoided, or felt tempted to do.

(e.g., check phone repeatedly)

- _____
- _____
- _____

5. WHAT ELSE COULD BE TRUE? (Alternative Views)



Other reasonable explanations exist.

(e.g., friend is busy, asleep, distracted)

- _____
- _____
- _____



Emotion, Thought, and Action

Key Idea: An emotion can create an urge without requiring action. The distinction between urge and action is especially useful.



EMOTION

What am I feeling?

THOUGHT

What is my mind saying about this?



URGE

What do I want to do right now?

ACTION

What did I actually choose to do?



RESULT

What happened afterward?



If I gave myself ten minutes before acting, what response would I be more likely to respect later?



MIXED EMOTIONS



A Worksheet for Embracing Your Contradictory Feelings.

1. The Situation

What is happening?



*List a specific event where you felt two ways at once.

2. The Core Feelings

Examples:
EXCITED +
NERVOUS
+
RELIEVED
+ GUILTY

EMOTION 1:



When feeling **A**



EMOTION 2:



When feeling **B**



Examples:
HAPPY +
+ SAD
+
PROUD +
SCARED

*Name the two major feelings present at the same time.

3. The Connection



EMOTION 1
connected to...

CONNECT

EMOTION 2
connected to...



*Which part of the situation might explain each feeling?

WHAT DO I NEED TO REMEMBER?

Can **both** emotions
be valid at the
same time?



Mixed emotions are
normal! You don't have
to choose just one.

It's okay for emotional life to be messy.
This worksheet is just for describing it accurately.

BOUNDARY



EMOTION LOG WORKSHEET

Track patterns, not just moments.
Over several days or weeks.

 Situation	 Emotion	 Intensity (1-10)	 Body signal	 Response	 Outcome



Reviewing your log helps you notice patterns, like:

- How sleep affects your reactions
- Certain conversations bringing up emotions
- Which cope actions really help



Don't record everything.
A few meaningful entries are enough!



Emotional Awareness Check-In

- **Write now, I FEEL:**
One or two words
- Complete physical sensation and mental thoughts
- Other – a reassurance



RIGHT NOW, I FEEL:
One or two words



INTENSITY (0-10):



0 1 2 3 4 5 6 7 8 9 10



MY BODY FEELS:
Name one physical sensation



STRONGEST THOUGHT:
Write it honestly



WHAT MIGHT I NEED?

- | | |
|--------------------------------------|-----------------------------------|
| ☐ Rest | ☐ Movement |
| ☐ Space | ☐ Clarity |
| ☐ Food | ☐ Support |
| ☐ Connection | ☐ Other... |
| ☐ Reassurance | |



ONE HELPFUL NEXT

Choose something realistic

☐ _____



EMOTIONAL REGULATION WORKSHEET

SECTION 1: THE REGULATION PROCESS



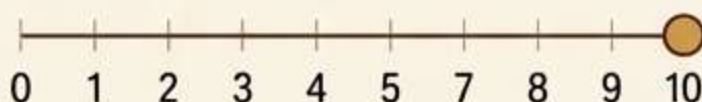
1. What am I feeling? (Name the emotion as specifically as you can)

Name _____

Name _____



2. How intense is it? (Rate it from 0–10)



3. What is happening right now?

(Describe the situation without judging yourself)

4. What is this emotion pushing me to do?

(Notice the urge before acting on it)



5. What would help me respond well? (Consider whether you need time, information, a boundary, movement, rest, connection, or a conversation)

☐ Take a short walk

☐ Set a boundary

☐ Wait to reply

☐ Hold fix someone

☐ Set a boundary

Notes: _____

☐ Talk to someone

Emotional regulation is about processing, not getting rid of an emotion. Learn your signals!

SECTION 2: REFLECTION AFTER THE EMOTION HAS PASSED

6. What helped the intensity change? _____

7. What made it worse? _____

8. Did my response match what I actually needed? _____

9. What would I try differently next time? _____



Anger and Emotional Triggers

Anger is information about something wrong, unfair, threatening, or out of control.

1. DESCRIBE THE SITUATION: What happened?
(e.g., A friend cancelled late.)

2. ONE LAYER DEEPER: What did I think the situation meant? (e.g., 'They don't respect my time.')

3. WHAT MIGHT MY ANGER BE CONNECTED TO?
(Check all that apply)

- | | | |
|--|---|--|
| ☐ A Boundary Crossed | ☐ A Value Ignored | ☐ Feeling Dismissed  |
| ☐ Feeling Dismissed | ☐ Feeling Powerless  | ☐ Feeling Hurt |
| ☐ Feeling Embarrassed  | ☐ Feeling Treated Unfairly | |

4. THE PHYSICAL SIDE: Did you feel...
(e.g., Jaw tightened, Heart racing, Hot, Restless, Shaky?)

5. REFLECTION & RESPONSE

What is my strongest urge?

What response protects what matters without creating a bigger problem?



DIFFICULT EMOTIONS WORKSHEET

START WITH CURIOSITY



1 WHAT AM I FEELING? (Name the feeling)

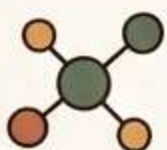


2 WHAT HAPPENED BEFORE I FELT THIS WAY?
(Identify triggers)





3 WHAT DOES THIS EMOTION SEEM CONNECTED TO?
(Previous events, memories)





4 WHAT STORY AM I TELLING MYSELF
ABOUT THE SITUATION?



5 IS THERE ANOTHER PART OF THE STORY
I MAY BE OVERLOOKING?





6 WHAT DO I NEED RIGHT NOW?
(Rest, space, connection, permission)





EMOTIONAL EXPRESSION WORKSHEET

Turn Internal Feelings into Clear, Respectful Words

SECTION 1: THE FORMULA FOR CLEAR COMMUNICATION



I FEEL... Name the emotion, avoid accusations.



WHEN... Describe the specific situation.



BECAUSE... Explain the meaning, need, or value.



WHAT I WOULD LIKE IS... A realistic request, boundary, or next step.

EXAMPLE: "I feel frustrated when plans change at the last minute because I rely on knowing what to expect. Could you let me know earlier when something changes?"

SECTION 2: DEEPER SELF-REFLECTION

Remember, the "I feel" framework is a tool, not a magic formula. Consider safety and the other person's receptiveness.

IS THIS SOMETHING I WANT TO:

- ☐ Communicate?
- ☐ Process Privately?
- ☐ Discuss with Someone I Trust?

