

DIFFICULT EMOTIONS WORKSHEET

START WITH CURIOSITY



1 WHAT AM I FEELING? (Name the feeling)

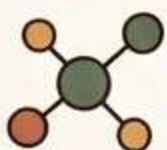


2 WHAT HAPPENED BEFORE I FELT THIS WAY?
(Identify triggers)





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)



