

# Emotion Identification Worksheet



## Identify What You're Feeling



**Goal:** Move from broad emotion category toward precise label. (Close is good enough!)

### QUICK CHECK-IN PROMPTS:

- ☐ What happened? \_\_\_\_\_
- ☐ What emotion feels closest? \_\_\_\_\_
- ☐ What other emotion describes it? \_\_\_\_\_
- ☐ How strong is the emotion? \_\_\_\_\_
- ☐ What do I need right now? \_\_\_\_\_

