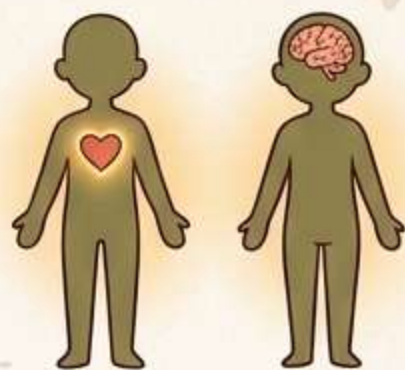


# Emotional Awareness

What emotion am I feeling right now, and where do I notice it in my body?

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What happened today that changed my mood noticeably?

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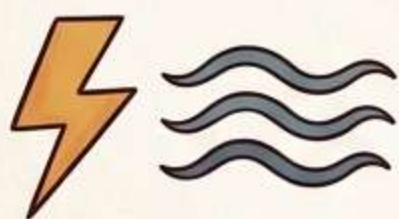
If I couldn't use the words good, bad, fine, stressed, or upset, how would I what I'm feeling?

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What emotion have I been avoiding lately, and what makes it uncomfortable to acknowledge?

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What situations tend to bring out the strongest emotional reactions in me?

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What emotion keeps showing up in my journal entries, conversations, or thoughts lately?

