

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

