

Naming and Understanding Your Emotions



What feels emotionally heaviest for me today, and what makes it feel heavy?



If I couldn't describe my mood as simply "bad," what words would come closer?



What emotion have I been pushing aside because I don't know what to do with it?



What changes in my body do I notice when my mood drops?



What happened before I first noticed myself feeling lower than usual today?



Is there an emotion underneath my sadness that I haven't acknowledged yet?



What do I wish I could say about how I feel without worrying about how someone else would react?



If my current emotional state could point to one thing I need, what might it be?

