



# The Emotions Worksheet

We can't change how we feel – but we can change how we react to our feelings. And when we're more aware of our emotions, we can respond in ways that are helpful to us.

To start, think about a time you felt a strong emotion, like anxiousness, sadness, anger, or something else. Then, answer the questions below to reflect on whether your reaction was helpful to you. If you need help, take a look at the example answers on the next page.

- 1 What happened?**  
Describe what caused the emotion.
- 2 What did you do?**  
Did your feelings lead to any behaviors or actions?
- 3 What was the outcome?**  
What happened as a result of how you acted or felt?
- 4 What was going on in your mind and body?**  
What thoughts went through your mind? Did you feel the emotion anywhere in your body?
- 5 What emotions did you feel?**  
Use the Wheel of Feelings as a starting point.

Wheel of Feelings



### Take a moment to pause

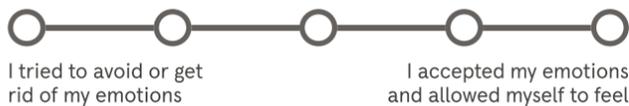
Breathe in ... breathe out. Show yourself compassion and understanding as you reflect, like you would with a good friend.

### → When you're ready, reflect on the moment you shared above

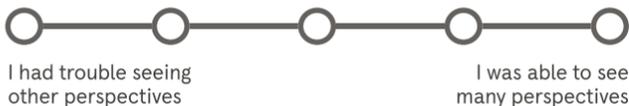
Fill in where you fall on the scale.

#### What did you notice about ...

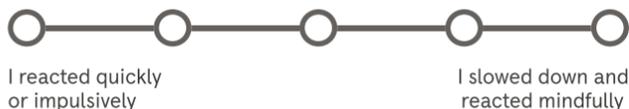
##### ... your emotions?



##### ... your thoughts?



##### ... your behaviors?



Let's add a little more detail.

#### How do you feel about what you noticed?

We won't always respond perfectly, but we can try to be more mindful next time.

#### Choose two things you'll try the next time you feel a strong emotion.

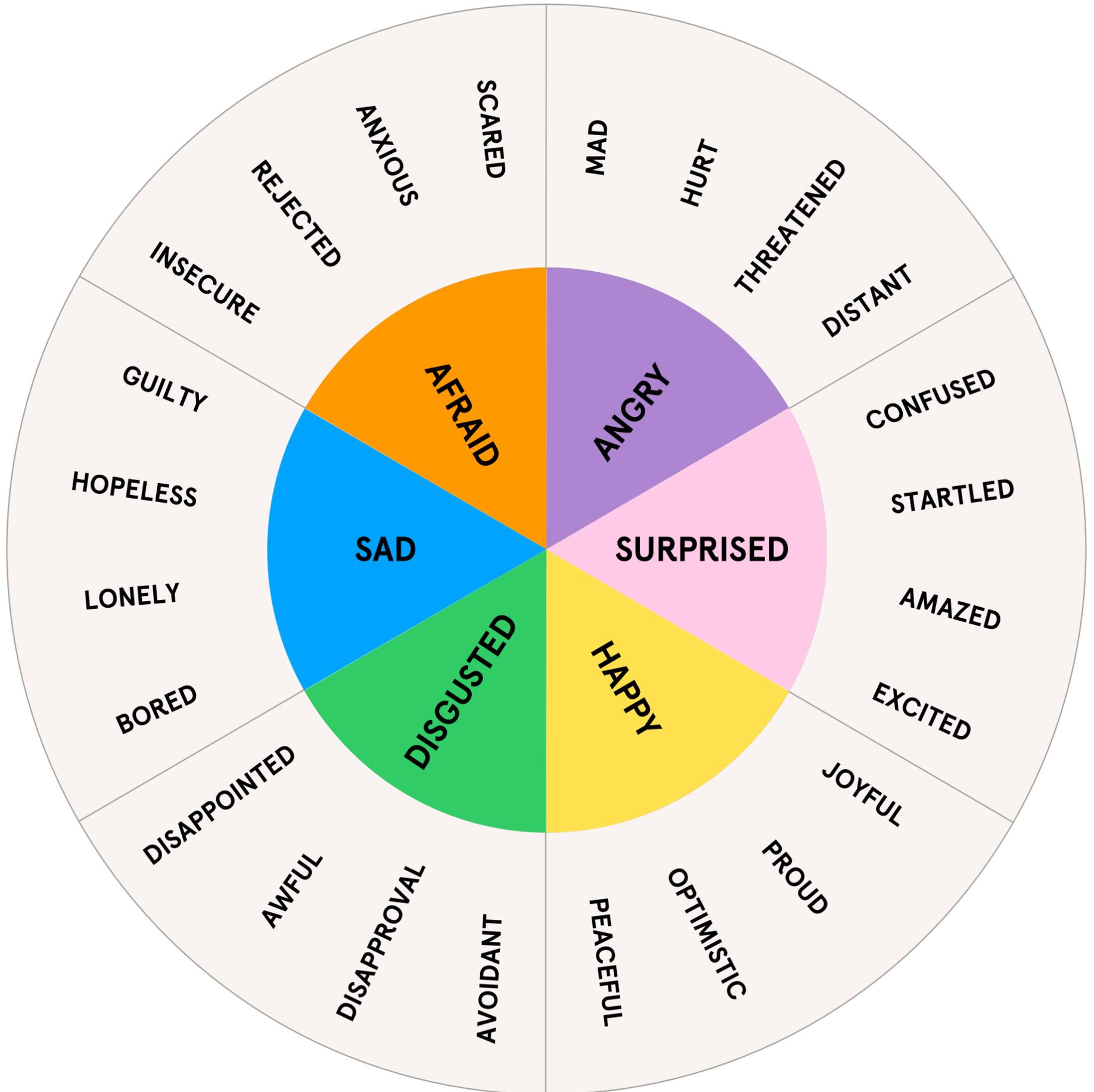
- Pause and reflect for 10 minutes
- Practice self-compassion and remind yourself that this feeling is human
- Try a small activity that you might enjoy
- Talk to someone supportive about how you're feeling
- Ask yourself what a friend might say
- Write your own action:

Try setting a reminder for yourself to work on the actions you picked.



# Wheel of Feelings

Start with one of the words in the center. To get more specific, choose an emotion connected to it in the outer circle. Or, you can start with one of the more specific emotions and work your way inwards.





# The Emotions Worksheet

EXAMPLE

We can't change how we feel — but we can change how we react to our feelings. And when we're more aware of our emotions, we can respond in ways that are helpful to us.

To start, think about a time you felt a strong emotion, like anxiousness, sadness, anger, or something else. Then, answer the questions below to reflect on whether your reaction was helpful to you. If you need help, take a look at the example answers on the next page.

**1 What happened?**  
Describe what caused the emotion.

*My coworker made a mistake on an assignment.*

**2 What did you do?**  
Did your feelings lead to any behaviors or actions?

*I wrote an email "yelling" at my coworker in all caps.*

**3 What was the outcome?**  
What happened as a result of how you acted or felt?

*We used to be friendly, but our relationship changed. Now, he doesn't speak to me unless absolutely necessary.*

**4 What was going on in your mind and body?**  
What thoughts went through your mind? Did you feel the emotion anywhere in your body?

*I was picturing myself getting fired for my coworker's mistake. I felt a knot in my stomach thinking about it.*

**5 What emotions did you feel?**  
Use the Wheel of Feelings as a starting point.

*I felt angry, or more specifically, threatened because I was worried about my job.*

Wheel of Feelings



## Take a moment to pause

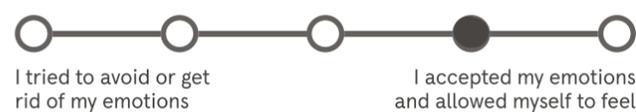
Breathe in ... breathe out. Show yourself compassion and understanding as you reflect, like you would with a good friend.

## → When you're ready, reflect on the moment you shared above

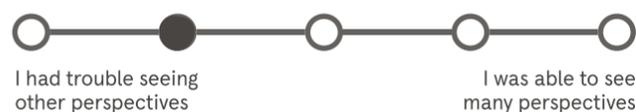
Fill in where you fall on the scale.

### What did you notice about ...

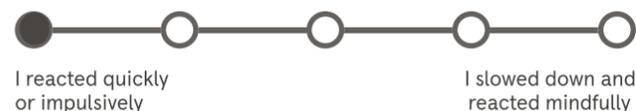
#### ... your emotions?



#### ... your thoughts?



#### ... your behaviors?



Let's add a little more detail.

### How do you feel about what you noticed?

*I understand that I reacted impulsively, and sending a mean email wouldn't stop me from getting fired. If I had slowed down a bit, I would have looked for ways to help my coworker correct his error.*

We won't always respond perfectly, but we can try to be more mindful next time.

### Choose two things you'll try the next time you feel a strong emotion.

- Pause and reflect for 10 minutes
- Practice self-compassion and remind yourself that this feeling is human
- Try a small activity that you might enjoy
- Talk to someone supportive about how you're feeling
- Ask yourself what a friend might say
- Write your own action:

*I will ask myself if there is a solution I can try.*

Try setting a reminder for yourself to work on the actions you picked.