Emotional Awareness

A worksheet for noticing emotions, body responses, needs, and chosen action

Purpose: This worksheet helps slow down an emotional experience so you can identify what you feel, what it may be communicating, and how you want to respond.

1. Start With the Situation

What happened? Describe the observable situation before interpreting what it means.

2. Name the Emotion

Possible words: anxious, angry, sad, ashamed, guilty, lonely, disappointed, hurt, afraid, overwhelmed, jealous, relieved, hopeful, grateful, content.

Emotion(s):

Intensity from 0-10:

3. Notice the Body

Where do I feel this emotion physically?

What sensations do I notice?

Emotional Awareness

4. Notice the Impulse

What does this emotion make me want to do immediately?

5. What Might the Emotion Be Communicating?

An emotion can carry useful information without automatically dictating the best action. Consider what matters underneath it.

What feels threatened, lost, wanted, unfair, uncertain, or important?

Is there a need, value, boundary, grief, responsibility, or desire underneath the emotion?

Emotional Awareness

6. Choose the Response

If I act only on the immediate impulse, what is likely to happen?

What response fits both the emotion and the person I want to be?

7. One Sentence of Present Awareness

Complete this without trying to solve the feeling:

Right now I notice I feel _____ because _____, and I notice the urge to _____.