

EXERCISE – Getting to Know Your Emotions

Spend some time getting to know your emotions. Over the next week, ask yourself once a day, ‘What am I feeling right now?’ Describe it in as much detail as possible. Make a note of where in your body you felt the feeling. What is your body posture like? Does your facial expression change? Does the feeling tell you anything about you or what is important to you? As you notice this feeling, what automatic, habitual responses arise? See if you can do this without attaching judgements to the emotion. Describe it as it is, as if you were a curious scientist, documenting this experience for the very first time. Use the Noticing Emotions Worksheet to keep track of these.

NOTICING EMOTIONS WORKSHEET

What am I feeling? How would you label this feeling or emotion? Describe the feeling in as much detail as possible: shape, size, weight.	Where am I feeling it in my body? What is my posture like? My facial expression? Where in my body am I not feeling it?	Does this feeling tell me anything? What does it say about me? What does it say I need to do? What does it say about what is important to me?	As I notice this feeling, how do I respond? What is the normal, habitual response that goes along with this feeling?