

NOTICING EMOTIONS WORKSHEET

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