

Interacting With Your Emotions

The more familiar we become with our feelings, the less likely we are to struggle with them when they arise.

With this *Interacting With Your Emotions* exercise, you can learn to reflect on the different ways that you might feel in common situations.

Use this worksheet to become more familiar with your own emotions and feelings, so that you can engage with them more freely.

Instructions

Each sentence presents an example scenario. Think of the emotion that you would most likely experience if you found yourself in each situation.

Your best friend is in the hospital.

You can't find your wallet anywhere.

Tomorrow is a big event that you've been looking forward to.

You complete a very large-scale, very complicated task.

You receive negative feedback about your work.

You have received a phone call asking you to come in and see the doctor.

Someone gives you a present.

Your neighbor is having a noisy party at 3am.

Your soccer team wins the club championships.

You are awaiting the results of a test.

Your wife forgets your anniversary.

You are stuck in slow-moving traffic.

You watch a sunset.

You find \$100 in your car.

You are late for your son's piano performance.