

Emotional Awareness

Do you know how you feel right now? Or what your emotions were earlier today? Most likely, you would need to think about it and come up with an answer that makes sense to you and the listener.

This worksheet allows you to log your emotions throughout the day to improve awareness.

Set a reminder on your phone or watch to stop what you are doing three times a day. Then think about the last emotion you experienced, and answer the questions on the next page.

Repeat this exercise daily, and over time it will help you improve your awareness of how you feel and support you in expressing your emotions more clearly.

Often, emotions are best viewed neither positively nor negatively—simply observed.

Dr. Jeremy Sutton



Date:			
Time:			
What name would you give your emotion?			
Was this emotion sudden or enduring?			
What event or situation caused the emotion?			
Were there any bodily sensations that accompanied this emotion?			
What thoughts or beliefs came into your mind around that time?			
Did your emotions cause you to act differently from how you wanted?			
What useful information is the emotion providing?			