

Experiencing Emotions

We are often unaware of our emotions. And often, even when we wish to share them with others, we are not used to experiencing them – this can impact our ability to communicate how we feel.

This worksheet helps you reflect on the nature of an emotion, build an understanding of it, and be ready to share your feelings.

Think of the last time you experienced anger, sadness, upset, and fear.

Taking each emotion in turn, answer the following questions:

How long did the feeling last? A day, week, or longer?

How intense was the feeling (between 1 and 10)?

Was the emotion instant or did it take time to form?

How long did it take for this emotion to leave?

How often do you feel this way?

Was the emotion helpful or unhelpful, and why?

Imagine describing the above emotion to a real or an imagined person. How would you begin? What would you say next? And how would you summarize how you felt?

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