

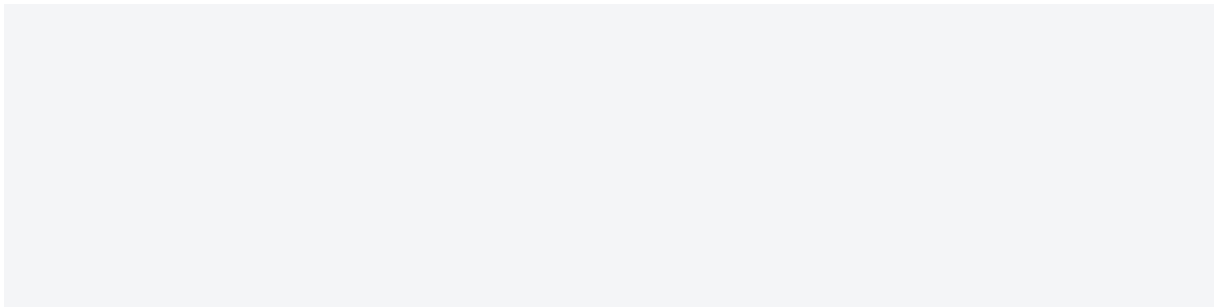
Exploring Our Feelings

We have emotions all the time, yet we are often unaware of them or choose to push them down deep. Our mental health benefits from being clear on how we feel (and how often) and how such emotions connect with other thoughts (Deurzen & Adams, 2016).

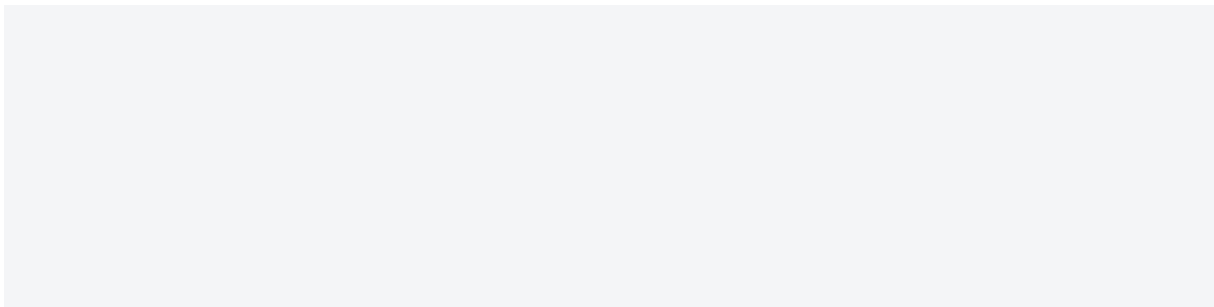
Use this worksheet to reflect on the frequency and content of emotions (modified from Deurzen & Adams, 2016).

Think about your life and make a list of the feelings you have – positive and negative, wanted and unwanted:

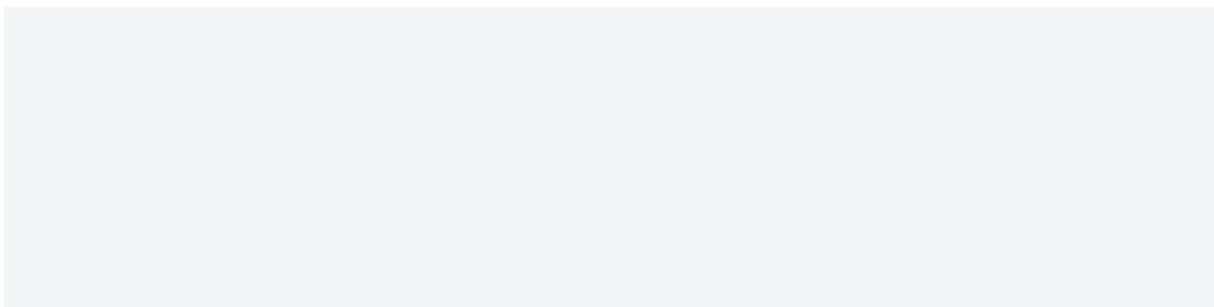
Frequently experienced feelings



Occasionally experienced feelings



Rarely experienced feelings



Next, ask yourself:

When I reflect on these lists, what do they tell me?

Where did you learn the words for these feelings?

How do you feel about those feelings you rarely have? Would you like more of them?

Would you like to do things differently going forward? If so, how?

Understanding your emotions can bring clarity to how you live your life while highlighting opportunities to make changes.

References

- Deurzen, V. E., & Adams, M. (2016). *Skills in existential counselling & psychotherapy*. Los Angeles: SAGE.

Dr. Jeremy Sutton