

Activity: “Emotional Compass”

Name: _____

Date: _____

Time: _____

Aim

The aim of this exercise is to start training our emotional awareness. A fundamental quality to acquire to learn to regulate our difficult thoughts and emotions and to improve our wellbeing.

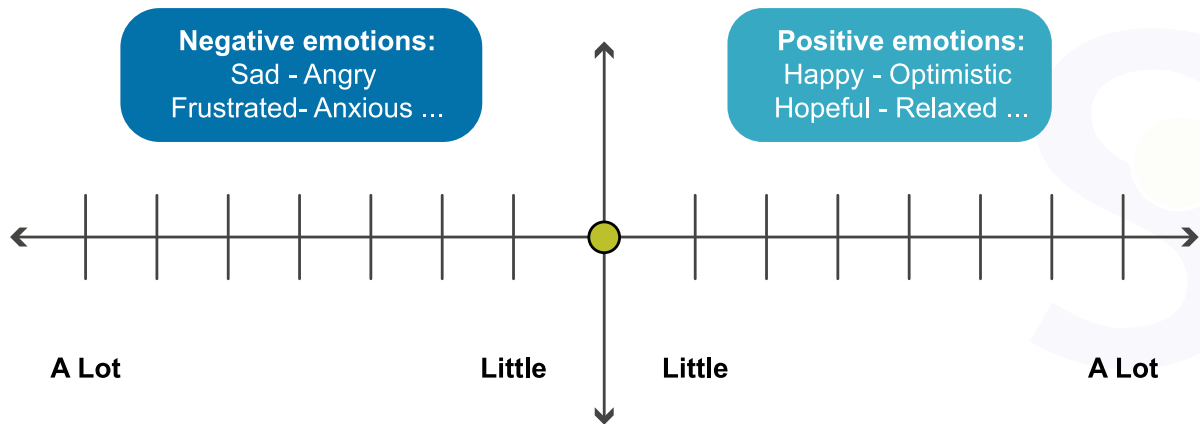
Description

During a week, if possible during the mornings do the following exercise, ask yourself:

How I am feeling today?

With a cross mark the point where you are (it goes from 0-7) at that moment. Please notice if you are having positive, negative or neutral sensations. Then before going to bed, in the panel below write the events or situation that made you feel good (or you liked) during the day.

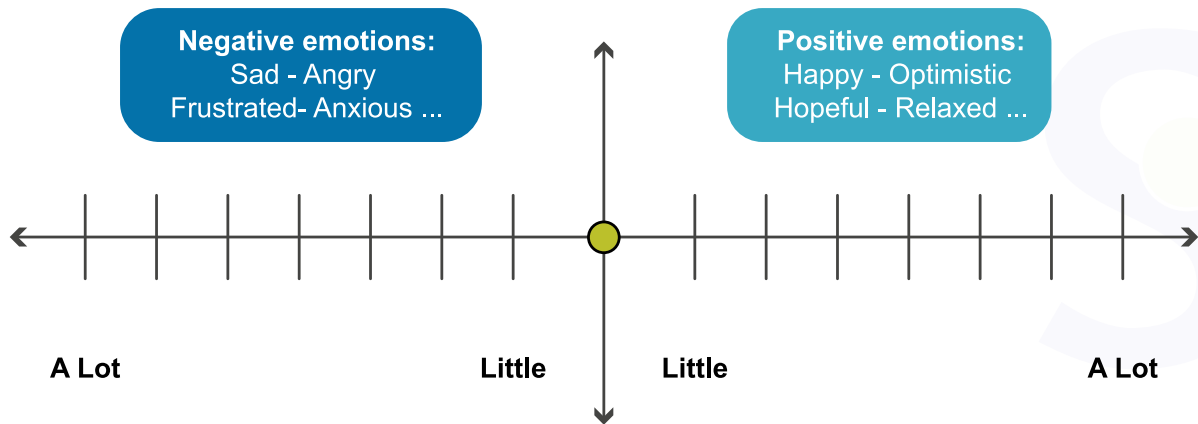
Day 1



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

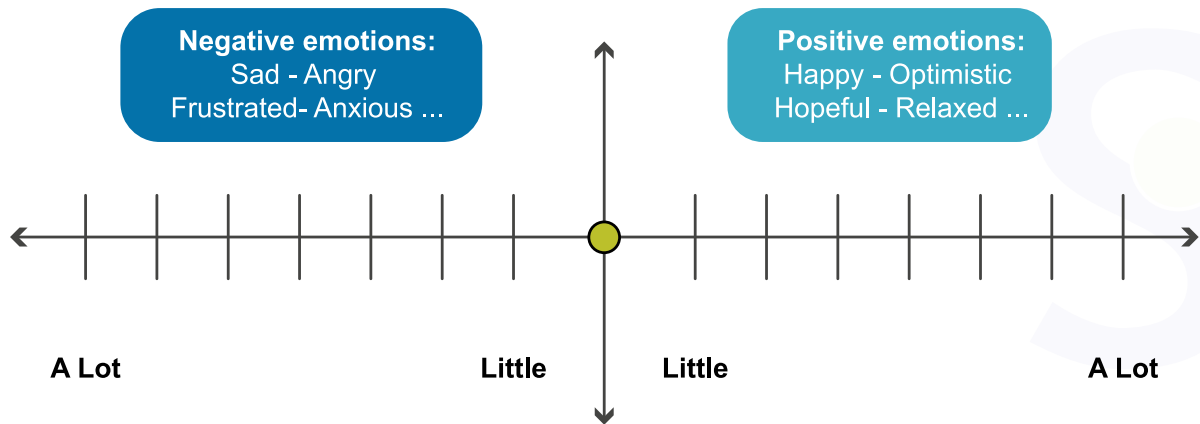
Day 2



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

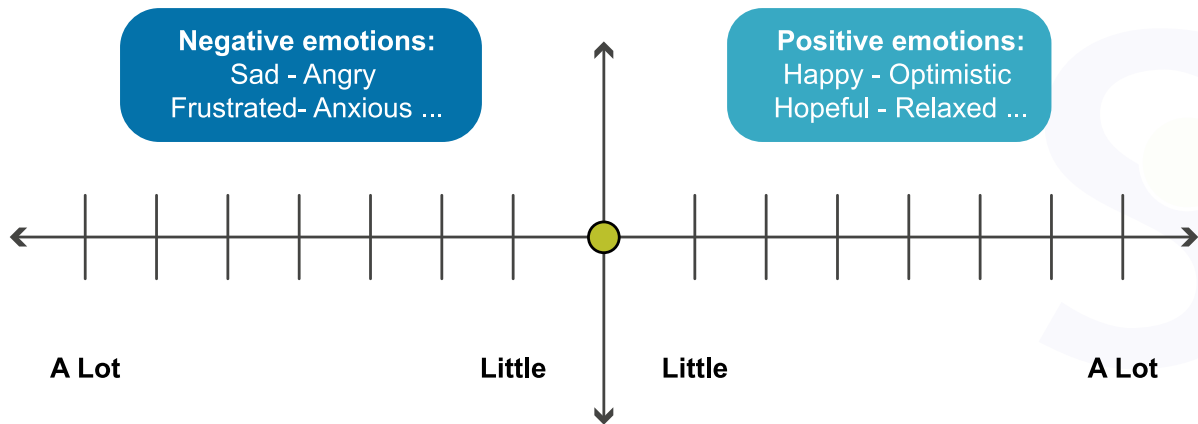
Day 3



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

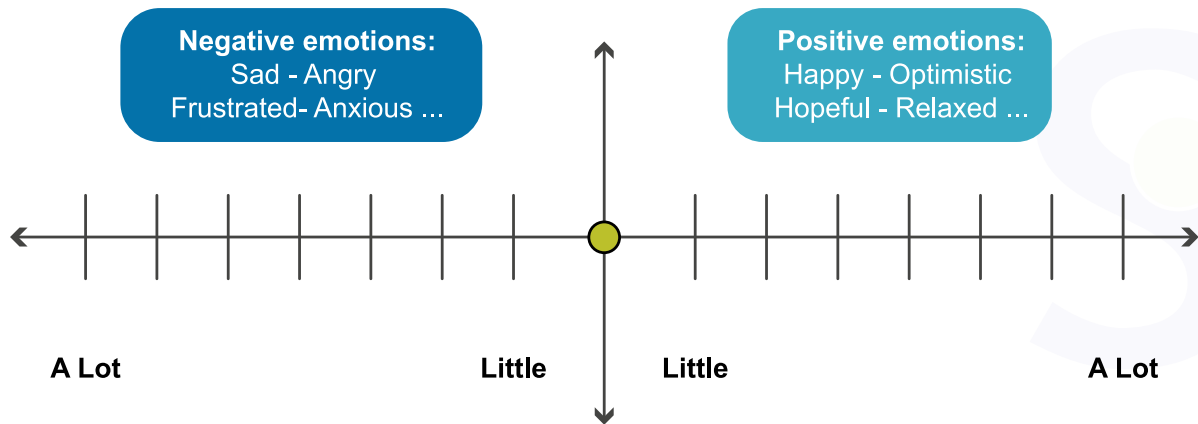
Day 4



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

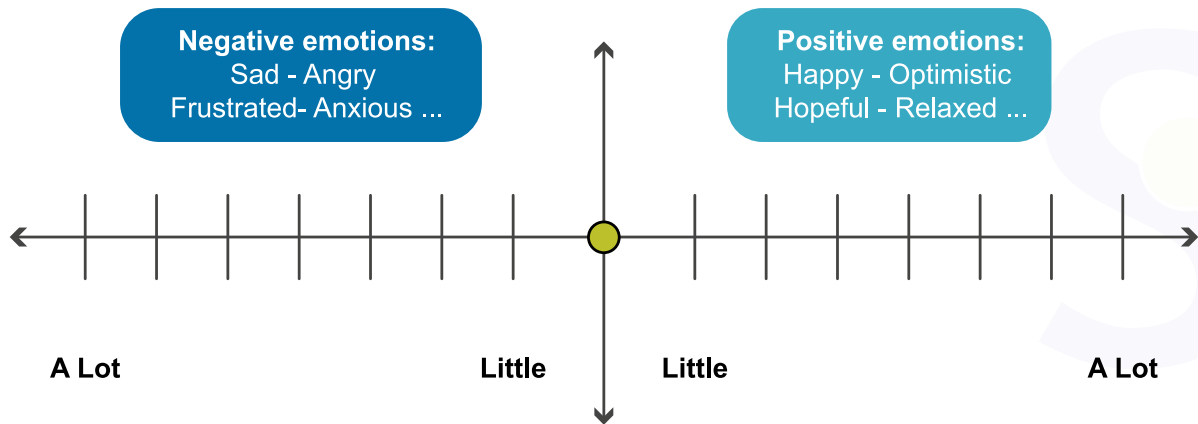
Day 5



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

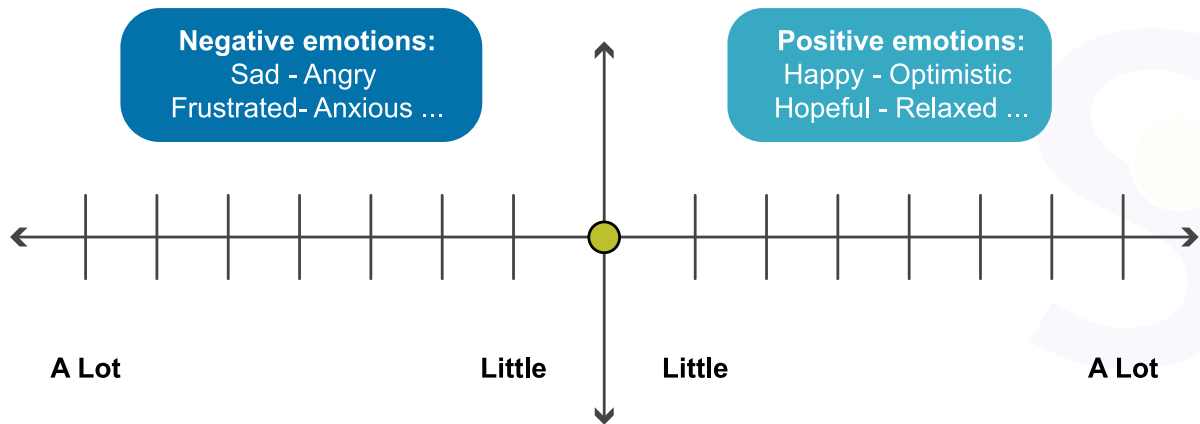
Day 6



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

Day 7



Write everything that you liked from your day, all the positive stuff that happened to you.

What I really liked from today

Checking all your previous answers, what did you learn from this activity?

