

Activity: “Learning About My Emotions”

Name: _____

Date: _____

Aim

Explore and identify pleasant and unpleasant emotions in relation to day-to-day events and reflect on how adequate they are in each situation

Description

Think of a situation in the last days in which you have felt an unpleasant emotion, focus on the scene, paying special attention to that emotion. Watch yourself closely and answer the following:

• **Perception: What is happening to me? (Do I feel anger, pain, anguish, fear?)**

• **Understanding: Why do I feel that way?**

Cause: _____

Cognitive consequences (thoughts):

Behavioral consequences (behaviors)

Emotional consequences (emotions)

- **Exploration:**

Is this feeling a response to a previous experience, or is it an answer to what is happening to you at that moment?

Do you feel this emotion often?

How does it feel in your body?

- **Facilitate thinking:**

Does it make your thinking easier or hinder it?

Is able to induce another feeling?

- **Expression:**

Is your response adequate or inadequate?

Is this the right time?

Is this the correct (verbal) expression?

Is this the right (behavioral) manifestation? _

How do you feel it? (intense____ soft____)
How do you express it? (high____ low____)

- **Exploring a bit further**

Is what you feel healthy?

What do you think this emotion is trying to tell you?

Notes: