

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)