



Mother Jai's LLC

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Emotional Awareness Worksheet

Becoming aware of your emotional states, their causes, and why you react the way you do can assist you in modifying your reactions and emotional states.

List 5 experiences that you were most happy during:

1.

2.

3.

4.

5.

What made me feel that way?

What types of situations or experiences invoke your happiest feelings?

Which people invoke your happiest feelings?

What places invoke your happiest feelings?

What situations cause you to feel the most anxiety?

What do you fear the most in your life right now?

When do you feel the most angry or frustrated?

What is it about those situations that make you feel that way?

When do you feel inspired?

Who and what contribute to your sense of inspiration?

What two personal accomplishments fill you with the greatest sense of pride?

Do you have much control over your emotions? Why or why not?

Do you base your decisions more on your emotions or logic?

Finish the sentences:

When I am put under pressure, I feel...

When someone criticizes me, I feel...

When trying something new, I feel...

When meeting new people, I feel...

I am open about myself to others if...

I express myself to others when...

I feel anger when...

I feel sad when...

I feel frustrated when...

I feel nervous when...

I feel important when...

I feel confident when...

I feel appreciated when...

I feel pride when...

I feel motivated when...

I feel relaxed when...

I feel special when...

I feel a sense of wonder when...

I feel the happiest when...

I feel proud of myself when...