



**Mother Jai's Wellness**  
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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?**

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**What places invoke your happiest feelings?**

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**What situations cause you to feel the most anxiety?**

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

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**When do you feel the most angry or frustrated?**

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

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**When do you feel inspired?**

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**Who and what contribute to your sense of inspiration?**

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

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

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

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**Finish the sentences:**

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

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**When someone criticizes me, I feel...**

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**When trying something new, I feel...**

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**When meeting new people, I feel...**

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**I am open about myself to others if...**

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**I express myself to others when...**

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**I feel anger when...**

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**I feel sad when...**

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**I feel frustrated when...**

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**I feel nervous when...**

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**I feel important when...**

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**I feel confident when...**

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**I feel appreciated when...**

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**I feel pride when...**

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**I feel motivated when...**

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**I feel relaxed when...**

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**I feel special when...**

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**I feel a sense of wonder when...**

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**I feel the happiest when...**

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