

Understanding My Emotions

Emotions do not make you weak. They give information about what matters, what hurts and what you may need.

What emotion have I noticed most recently?

Where do I feel it in my body?

What tends to trigger this feeling?

What thoughts come with it?

How do I usually respond?

Withdraw, become quiet, get busy, become irritable, talk, use humour, etc.

What might this emotion be trying to tell me?

What would help me express it safely?

What do I need right now?
