

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?

What might this emotion be trying to tell me?

What would help me express it safely?

What do I need right now?