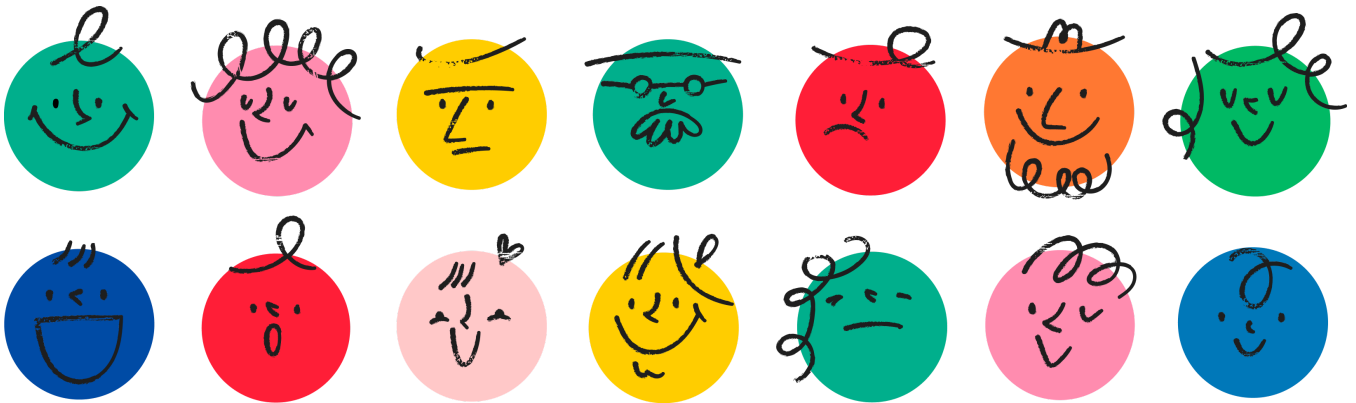


Identifying Emotions Worksheet

Name: _____ Date: _____



Describe a recent situation that brought up strong emotions for you

What happened?

Where were you?

Who was involved?

What has been said or done?

Physical sensations

Check all that apply and add details:

- ☐ Chest sensations (tightness, racing heart, etc.):
- ☐ Stomach sensations (butterflies, nausea, etc.):
- ☐ Muscle tension (where?):
- ☐ Temperature changes (hot, cold, sweating):
- ☐ Breathing changes:
- ☐ Other sensations:

Emotional experience

Emotion(s) felt and their intensity (1–10)

Emotion:

Intensity (1–10):

Emotion:

Intensity (1–10):

Emotion:

Intensity (1–10):

Thoughts during the situation

What went through your mind? Write down specific thoughts:

Behavior and action

How did you respond? What did you do or want to do?

Reflection

What triggered these emotions?

How did these emotions influence your behavior?

What would you like to do differently next time?

Additional notes

Remember: All emotions are valid and provide important information about our experiences and needs. This worksheet is a tool for understanding, not judging, your emotional responses.