

Person-centered Therapy Worksheet

Objective

This worksheet is designed to help you explore and articulate your current feelings. By identifying and expressing your emotions, you can gain a better understanding of your inner experiences.

Instructions

Take some time to reflect on your feelings in response to a recent event or situation. Use the space provided to describe and explore your emotions in more detail.

1. Describe the Situation

Briefly describe the recent event or situation that triggered your feelings.

2. Identify Your Feelings

List the primary emotions you are currently experiencing. Try to be specific and use descriptive words.

3. Intensity Scale

Rate the intensity of each feeling on a scale from 1 to 10, with 1 being low and 10 being high.

Feeling 1:

Feeling 2:

Feeling 3:

4. Explore the Reasons

Reflect on why you might be feeling each emotion. Are there specific thoughts, events, or memories associated with each feeling?

Feeling 1:

Feeling 2:

Feeling 3:

5. Physical Sensations

Consider any physical sensations associated with your feelings (e.g., tension, warmth, restlessness).

6. Expressive Outlets

Explore healthy ways to express or cope with your emotions. This could include journaling, talking to someone, engaging in a creative activity, or practicing mindfulness.