

Emotional Awareness Worksheet

Awareness and acceptance are the first steps to improving a situation. Every emotion you feel is normal and OK, and even some of your behaviors as a result are OK.

But when we let our emotions repeatedly get the best of us, we need to step back and take a look at how we can do better next time.

Complete a chart for each emotion you feel is getting the best of you 😊

<p><u>EMOTION:</u></p> <p><u>TRIGGER:</u></p> <p><u>WHEN:</u></p>	<p><u>HOW IT MAKES ME FEEL:</u></p> <p><u>WHAT I TEND TO DO:</u></p>	<p><u>HOW I CAN RESPOND BETTER:</u></p>
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