

## NOTICING EMOTIONS WORKSHEET

<p><b><i>What am I feeling?</i></b></p> <p>How would you label this feeling or emotion? Describe the feeling in as much detail as possible. Shape, size, weight.</p>	<p><b><i>Where am I feeling it in my body?</i></b></p> <p>What is my posture like? My facial expression? Where in my body am I not feeling it?</p>	<p><b><i>Does this feeling tell me anything?</i></b></p> <p>What does it say about me? What does it say I need to do? What does it say about what is important to me?</p>	<p><b><i>As I notice this feeling, how do I respond?</i></b></p> <p>What is the normal, habitual response that goes along with this feeling?</p>