

emotion worksheet

Use this worksheet to help you better understand your emotions and where they are coming from. By learning what the underlying core emotion is that you are feeling will help you to gain perspective and better prepare for future emotional episodes in your life.

What main emotion are you feeling?

prompting event

What event happened that caused you to feel this emotion?

How was your mood before the event happened? What were you doing?

What were your interpretations of the event?

emotion reactions

Are there other emotions that you experienced along with your main emotion? *Explain each emotion and why you are feeling it.*

What changes did you notice physically?

action urges

What action(s) did you want to take?

What action(s) did you actually take?

Was your action(s) constructive or destructive? How?

overall reflection

Is there anything you could have done differently?

What discoveries have you gained from this particular emotional episode?

What effects has this emotion had on you? How can you better prepare for the future when you may experience this emotion again?

According to the *Sunrise* emotion wheel, what **core emotion** does your current emotion stem from? What does this mean to you?
