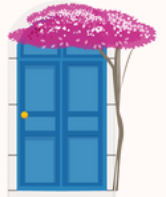


EMOTION: NAME + TAME

This worksheet aims to help you explore your emotions and learn how to manage them in a healthy way.



BONA FIDE
PSYCHOTHERAPY & COUNSELLING

TODAY I FEEL...

Circle or write one emotion you're feeling:

Happy | Sad | Angry | Anxious | Tired | Frustrated | Lonely | Scared

WHAT HAPPENED BEFORE I FELT THIS?

Think about what may have triggered the feeling:

HOW I USUALLY REACT...

I tend to _____

This usually helps/doesn't help because _____



EMOTION: NAME + TAME

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WHAT I'D LIKE TO TRY INSTEAD

I want to try _____

I think this might help because _____

CALMING STATEMENT I CAN TRY

"It's okay to feel this."

"This will pass."

"I am not my emotions."

Write your own:

WHERE DO I FEEL THIS IN MY BODY?

*Describe where in your body you feel the emotion
(e.g., tight chest, butterflies in stomach, clenched jaw):*

