

# EMOTION: NAME + TAME



## 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

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*This usually helps/doesn't help because*

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



## WHAT I'D LIKE TO TRY INSTEAD

*I want to try* \_\_\_\_\_

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*I think this might help because* \_\_\_\_\_

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## CALMING STATEMENT I CAN TRY

*"It's okay to feel this."*

*"This will pass."*

*"I am not my emotions."*

*Write your own:*

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## 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):*

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