

# UNDERSTANDING MY EMOTIONS

## PURPOSE

This exercise can help you to recognize thoughts, sensations, and behaviours that accompany your emotions and identify productive actions to take.

## INSTRUCTIONS

Choose an emotion you're feeling right now, and then use the questions in the sequence below to reflect on how you are feeling right now.

What is the name of your emotion? Write it on the first part of the diagram, and then write your answers to each question in the sequence.

**Examples:**    Anger            Disgust            Fear            Interest            Other:  
                  Joy                Shame            Sorrow            Surprise

