

# Emotional Awareness Worksheet

"Meeting My Emotions with Clarity and Compassion"

## ■ Part A – Noticing What's Going On

1. What happened? (A short description of the situation) 🍪■
2. What am I feeling right now? (Check all that apply, or add your own)  
■ Sadness | ■ Anger | ■ Fear | ■ Frustration  
■ Disappointment | ■ Emptiness | ■ Overwhelm  
■ Relief | ■ Longing | ■ Confusion 🍪■ Other emotions:
3. Where do I feel it in my body? (e.g., tight chest, pit in the stomach, pressure in the head) 🍪■
4. What thoughts are running through my mind? (No filter — just write down what's showing up) 🍪■

## ■ Part B – Getting Closer with Kindness

5. If this emotion had a voice, what would it say to me? 🍪■
6. What does this part of me need right now? 🍪■
7. How would I respond if this were a dear friend or a child feeling this way? 🍪■

## ■ Part C – Zooming Out

8. When have I felt this way before? 🍪■
9. What patterns do I notice here? 🍪■
10. What's one small choice I can make right now to show up for myself? 🍪■

## ■ Final Words to Myself in This Moment

A space to write something loving, grounding, or encouraging — a message to your heart 🍪■