

# Emotional Awareness Worksheet

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** This worksheet is designed to help you enhance your emotional awareness and develop effective strategies for managing your emotions. Please take your time to complete it honestly and thoughtfully. Your responses will remain confidential.

## Section 1: Identifying Emotions

List the emotions you are currently experiencing. Be specific and use descriptive words.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Section 2: Emotional Triggers

Think about the events or situations that triggered these emotions. Describe them briefly.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Section 3: Emotion Intensity

On a scale of 1 to 10, with 1 being the least intense and 10 being the most intense, rate the intensity of each emotion.

Emotion	Intensity

#### Section 4: Exploring Thought Patterns

Consider the thoughts and beliefs associated with each emotion. Note any recurring thought patterns or cognitive distortions.

Emotion	Thought Patterns
	"I'll mess up the presentation. Everyone will judge me."
	"I miss my partner so much. I'll never find love again."
	"Why can't my coworkers do their share of the work? It's so unfair."

#### Section 5: Coping Strategies

Brainstorm healthy coping strategies for each emotion. These strategies can help you manage your emotions effectively.

Emotion	Thought Patterns
	Listening to calming music during traffic, practicing patience
	Journaling about feelings, seeking support from friends
	Communicating concerns with coworkers, taking short breaks

#### Section 6: Reflection and Review

Regularly revisit this worksheet to track changes in your emotional awareness and the effectiveness of your coping strategies. Use this space to note any insights or progress.

I will encourage John to revisit this worksheet regularly to track changes in his emotional awareness and the effectiveness of his coping strategies. This ongoing self-reflection will help us better address his emotional well-being in our sessions.

#### Additional Notes:

John is experiencing a range of emotions, and we will continue to work together to develop and refine coping strategies to manage these emotions effectively. His self-awareness is a positive step towards improving his emotional well-being.