

# 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

#### Section 5: Coping Strategies

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

Emotion	Thought Patterns

#### 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.

#### Additional Notes: