Emotional Awareness Worksheet

**Situation:** What event(s) (internal or external) prompted / triggered this emotion?

Example: My partner was texting when I was talking to them while on a date at a restaurant.

Situation: ________________________________________________

____________________________________________________________________________________

**Noticing your Emotion:** What did you feel in your body at the time?

Example: I felt pain and hollowness in my stomach.

Experience: ________________________________________________

Experience: ________________________________________________

Experience: ________________________________________________

**Labeling your Emotion:** What emotion(s) were you experiencing?

Example: sadness

Label: ________________________________________________

Label: ________________________________________________

Label: ________________________________________________

**Thoughts:** What thoughts did you have at that moment?

Example: They no longer care about me.

Thoughts: ________________________________________________

Thoughts: ________________________________________________

Thoughts: ________________________________________________

**Behavioral Response:** What did you do/not do in response to the emotion?

Example: I yelled at them.

Behavior: ________________________________________________

Behavior: ________________________________________________

Behavior: ________________________________________________
Consequences of Behavioral Response: What were the short-term and long-term effects of this behavior?

Example: We got in a fight and I left. We didn’t spend any time together that weekend.

Consequence: ________________________________________________________________

Consequence: ________________________________________________________________

Consequence: ________________________________________________________________

Alternative Behavioral Responses & Outcomes: If your behavioral response to the emotion did not produce your desired outcome, what could you have done differently? If you had done something else, what would the likely outcome have been?

Example: I could have told them that I wanted to spend more time together and asked them not to text while we were eating.

Alternative Behavior: __________________________________________________________

Likely Outcome: ____________________________________________________________

Alternative Behavior: __________________________________________________________

Likely Outcome: ____________________________________________________________

Alternative Behavior: __________________________________________________________

Likely Outcome: ____________________________________________________________

Steps to follow:
1. NOTICE that you’re experiencing an emotion (clue = body sensations)
2. Hit the STOP (or “pause”) button
3. Use MF skills to identify the thoughts you’re having
4. Use MF skills to figure out what the emotion is urging you to do/not do (behaviorally)
5. Identify the short-term and long-term consequences of engaging in this emotion-driven behavior and ask yourself
   a. Will engaging in this behavior produce the outcome I want?
   b. If not, what can I do (or not do) instead that is more likely to produce my desired outcome?
6. Choose your preferred response, turn off the Stop/Pause button and GO FOR IT