

# OBSERVING AND DESCRIBING CORE EMOTIONS

## 1. NAME THE PRIMARY EMOTION:

*I am feeling* \_\_\_\_\_  
CHOOSE ONLY ONE:

### Angry

Frustrated  
Annoyed  
Irritated

### Afraid

Anxious  
Nervous  
Scared

### Sad

Hurt  
Disappointed  
Unhappy

## 2. VALIDATE THE EMOTION (in one sentence):

**The goal is to treat yourself with compassion and understanding by telling yourself:**

- *I have a valid reason for feeling \_\_\_\_\_, because \_\_\_\_\_, or*
- *It's okay for me to feel \_\_\_\_\_, because \_\_\_\_\_, or*
- *All human beings experience emotions.*

## 3. IDENTIFY THE PHYSICAL RESPONSES:

**How is your body reacting to the emotion?**

**Where in your body do you feel the emotion?**

**Other physical responses may include:**

Muscle Tension

Numbness

Smiling

Shaking/Nervous

Rapid heartbeat

Headache

Changes in vision

Stomach ache/butterflies

Hot/sweating

Pain in chest

Physical pain

Hyperventilating

Teary/Eyes well up

Energized

Fatigue/Tired

Shallow breathing

Dizzy

Frowning

Cold/shivering

Holding breath

## 4. IDENTIFY YOUR INTERPRETATION OR PERCEPTION OF THE EVENT:

**What is the story your brain is telling you about this event?**

**What are your thoughts, beliefs, opinions, etc., of this event?**

Write your thoughts down if possible, allow yourself to vent about the situation.

## 5. IDENTIFY YOUR URGES:

**What do you feel like doing in reaction to this event?**

**What do you really want to do? What is your brain telling you to do?**

Urges are different than actions in that YOU DO NOT ACTUALLY ACT ON THEM!

EX: Punch something (or someone), yell, cry, run away, get revenge, etc. - *but you don't.*

## 6. IDENTIFY THE ACTIONS YOU HAVE TAKEN SO FAR:

**How did you react or not react to this event?**

**What actions have you actually taken so far?**

EX: Perhaps you expressed how you felt, walked away without saying anything or had a glass of wine.

Or maybe you tried to distract yourself, but you've just been ruminating about instead.

## 8. REMIND YOURSELF THAT NO FEELING IS FINAL :

**Tell yourself that the intensity of this emotion will reduce on its own over time.**

An emotion is like a wave. It builds to a certain intensity then reduces on its own over time.

Remind yourself that you will not always feel as strongly about this situation as you do right now.

## EXAMPLE:

### 1. NAME THE EMOTION:

I feel angry

### 2. VALIDATE THE EMOTION:

I have a valid reason for feeling angry because he does this stuff all the time.

### 3. IDENTIFY THE PHYSICAL RESPONSES:

Muscle Tension

Holding breath

I feel it in my face and chest

### 4. IDENTIFY YOUR INTERPRETATION OR PERCEPTION OF THE EVENT:

He is an asshole.

He went behind my back and scheduled time when it was my turn.

He's doing this on purpose to upset me.

He's still trying to get back at me for last year.

He thinks I'm selfish, but he is the one who is selfish!

I'm never going to have a good relationship with him.

He only cares about himself.

### 5. IDENTIFY YOUR URGES:

I want to strangle him

I want to tell him to never talk to me again

I want to tell him he's an asshole

I want to tell everyone else what he did

### 6. IDENTIFY THE ACTIONS YOU HAVE TAKEN SO FAR:

Threw the remote across the room

Texted friend to complain about him

### 7. REMIND YOURSELF THAT NO FEELING IS FINAL :

I will not always feel as strongly about this as I do right now.