



## RECOGNISING YOUR EMOTIONS

Below is an example of recognising emotions. There is a blank worksheet for you to fill in your own example. It may be helpful to use the worksheet to examine an emotional incident that has happened recently or perhaps one that has happened a while ago. If you get stuck identifying your emotions, you can use the emotion wheel at the end of this worksheet.

| Questions   | Your Responses   |
|---|--|
| <b>When did the situation happen?</b>   | Yesterday  |
| <b>What happened?<br/>(Describe the event)</b>  | I came home and my partner was lying on the couch, no housework done, and dinner not prepared. I yelled at him and called him "worthless." But he just sat there, without saying anything. So, I went to my bed and slept. |
| <b>Why do you think that situation happened?<br/>(Identify the causes)</b>  | My boyfriend is lazy who hates me and regrets meeting me. I also think he's given up on his own life and just does things like this to hurt me on purpose.   |
| <b>How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)<br/>You can use the emotion wheel at the end of this worksheet.</b> | Primary emotions: Anger Secondary emotions: Hopelessness and shame Physical sensations: Face and arms became tense, sick to my stomach.  |
| <b>What did you want to do as a result of how you felt? (What were your urges?)</b>   | I wanted to hit my boyfriend, and I had thoughts "what is the point".  |
| <b>What did you do and say? (What actions or behaviours did you engage in as a result of how you felt?)</b>   | I went to bed and started crying because I was so angry. I yelled at him and called him "worthless."   |
| <b>How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)</b>  | I was so angry when I went to bed that I forgot to set my alarm. So, I woke up late for work. When I got in, my boss yelled at me again. He said that if I'm late one more time, he'll have to fire me.                    |



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### BLANK WORKSHEET

| Questions   | Your Responses |
|---|----------------|
| When did the situation happen?  |                |
| What happened?<br>(Describe the event)  |                |
| Why do you think that situation happened?<br>(Identify the causes)  |                |
| How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)<br>You can use the emotion wheel at the end of this worksheet. |                |
| What did you want to do as a result of how you felt? (What were your urges?)  |                |
| What did you do and say? (What actions or behaviours did you engage in as a result of how you felt?)  |                |
| How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)   |                |