



## Emotion Recognition Worksheet Part 2


1. Which emotions do you experience the most frequently?
2. Which emotions did you experience the least frequently.
3. Is there one emotion that you never felt at all? If so, look at the emotion that you felt most frequently. Look at the situations that you have on the list and see if you might be substituting one emotion for another. Do you see any emotions that you “turned off”? For example, are you turning the times that you are sad into times that you are angry? Are you turning times that you are angry into times when you are afraid?

### Anger

1. What are the situations on your log that made you the most angry?
2. When we get angry we are realizing that we think someone has *crossed a line* that they shouldn't have crossed. Another way to think about this is that we are wanting there to be a *boundary* that was not being enforced. What kind of lines are bothering you when people cross them?
3. What kind of boundaries do you want that you are not enforcing in your life? What steps can you take to stop people crossing lines that upset you.

### Fear

1. What are the situations that made you the most afraid?

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2. When we feel fear we are really feeling *vulnerable*. What are the triggers that make you feel vulnerable. Is there a way that you can feel less vulnerable in these situations or avoid them?
  3. What exactly are you afraid of happening to you in those situations? Is there an underlying fear that you notice in your life?

## Sadness

1. What are the situations that made you the most afraid?
2. When we are feeling sad we are feeling *hurt* or wounded. When you felt sad in what ways were you hurt?
3. What parts of you were hurt? Eg. Was your pride hurt? Did you feel threatened in a relationship that was supposed to be safe? Was your concept of yourself or expectations of yourself hurt by something you did?