



## Workshop Sheet: Exploring Feelings vs Emotions

This workshop sheet is designed to help you explore the difference between feelings and emotions. Use the prompts below to reflect, identify, and deepen your self-awareness.

### Quick Definitions

Emotion: A fast, automatic response to a trigger. Often felt in the body (e.g., fear, anger).

Feeling: The conscious label or interpretation of the emotion (e.g., feeling anxious, calm).

### Journal Prompts

1. What emotion did I experience most strongly today? What triggered it?
2. How did that emotion show up in my body (e.g., heart rate, tension, posture)?
3. What feeling did I associate with that emotion (e.g., stressed, overwhelmed, peaceful)?
4. Was I aware of the emotion as it was happening, or did I only notice the feeling later?
5. How did my thoughts shape or intensify the feeling?
6. What could I do to support myself when I notice that emotion again?
7. Are there specific emotions I find difficult to feel or express? Why?
8. How can naming my feelings help me understand my needs better?

### Reflection

Take a moment to reflect: What did you learn about yourself through this process? Are there patterns in your emotional or feeling responses that you want to explore further?