

## Work Through & Sit With Emotions – Workshop Worksheet.



### 1. Name the Emotion

What are you feeling right now?

What does this feeling make you want to do?

### 2. Identify the Cause

Describe what happened before or during the emotion:

### 3. Thoughts & Behaviors

What did you do when you felt this way?

What thoughts came up?

#### 4. Challenge the Emotion

Was this emotion appropriate to the situation?

Is this something you can control or tolerate?

What boundary or action might support you?

#### 5. Anchor & Ground

Write a mantra or affirmation to remind yourself of your strength and safety:

