



Learning to Recognize & Sit With Emotions: Workshop Worksheet.

1. Name the Emotion

What are you feeling right now?

Can you name a few emotions you've felt recently?

2. Where Do You Feel It?

Describe where in your body you feel this emotion (e.g., chest, throat, stomach):

3. Sit With It

What happens when you sit quietly with this feeling for a few moments?

Can you describe any changes you notice (in the emotion or in your body)?

4. Listen to the Emotion

If this emotion could speak, what might it say?

What does this emotion need from you right now?

5. Grounding & Reassurance

Write a kind statement or affirmation to support yourself:

