

# Naming My Emotions

## A Guide to Exploring and Understanding Your Feelings

Welcome to your personal space for understanding and naming your emotions. This worksheet is designed to help you explore your feelings in a calm and welcoming way. Use this space and time to connect with how you're feeling and learn about yourself. Remember, all emotions are valid!

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### What Happened?

#### Describe the situation:

*Take a moment to think about what led you to this moment. What happened that might be influencing how you feel?*

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### What Am I Feeling?

(Circle or highlight the emotions you're experiencing)

😊 Happy | 😞 Sad | 😡 Angry | 😰 Anxious | 😫 Tired | 😕 Confused | 🥳 Excited | 😞 Disappointed

Other: \_\_\_\_\_

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### Emotion Deep Dive

I feel mostly: \_\_\_\_\_

#### This emotion feels like:

- Strong
- Medium
- Light

Where do I feel it in my body?

Take a moment to notice any sensations or tensions in your body.

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## **What's Underneath?**

**Is there another feeling under this one?**

*Sometimes our initial emotions are covering up something deeper. (e.g. If I'm not happy(sad) with my test results, I might vent it out by yelling (anger) at others)*

**What might be causing this feeling?**

*Consider any underlying reasons or triggers.*

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## **Name It to Tame It**

**So, What emotion are you exactly feeling?**

**When I name my feeling, it becomes:**

*Think about how naming your emotion helps you manage it.*

**One kind thing I can say to myself:**

*Offer yourself some words of encouragement or understanding.*

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## **Reflection**

**What did I learn about my emotions today?**

*Reflect on what you've discovered about your feelings and how they affect you.*

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# **Affirmation**

"All emotions are valid. I am learning to understand mine."

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*Remember, this is your space to express freely and safely. Understanding your emotions is a powerful step toward personal growth.*