

EMOTION AWARENESS

EMOTION SERIES

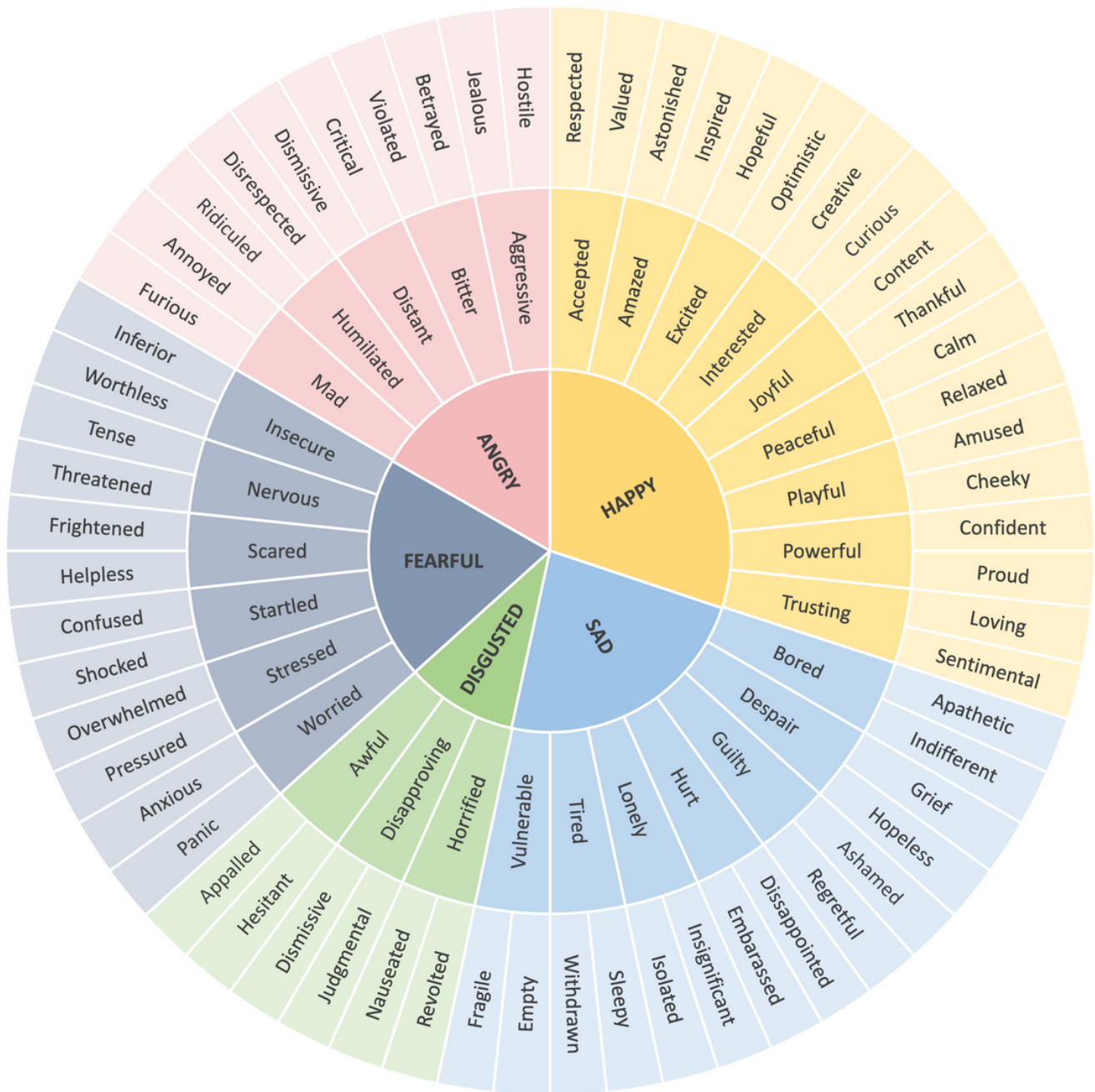
EXERCISE.

Now that you have done the mini-course (click [here](#) if you have not), the only way to be skilled in recognizing your emotions is by practicing. The goal of doing this exercise is so that you can be aware of your emotions and how they change. Reflect whether there is a common pattern of emotions or triggers, and whether your emotions tend to be subtle or overwhelming. You can use the emotion wheel on the next page to help you describe your emotions better.

What happened? What were you doing?	What were you feeling?	On a scale of 1-10, how strong were those emotions?

WHAT EMOTIONS ARE YOU FEELING?

The first step in regulating your emotions is being aware of them.



The next step after being aware of your emotions is regulating them. Click [here](#) and head to the next part of the mini-course to learn more.

**“EMOTION COMES DIRECTLY FROM
WHAT WE THINK: THINK “I AM IN
DANGER” AND YOU FEEL ANXIETY.
THINK “I AM BEING TRESPASSED
AGAINST” AND YOU FEEL ANGER. THINK
“LOSS” AND YOU FEEL SADNESS.”**

- MARTIN E. SELIGMAN