



Quick Emotional Analysis

Use this worksheet to help you identify and properly experience an emotion, so it is less likely to create problems in the future. You can use this worksheet in addition to the Four Fs worksheet, which is recommended if you feel like you are in a stress response.

What happened that created the emotion(s) you're experiencing?

What emotion(s) are/were you feeling? (See the attached pie chart and list what resonates.)

Focus on the "loudest" or most uncomfortable emotion first, filling out the fields below.

Emotion:	
What sensations do you feel in your body?	
<p>Breathe slowly and focus your attention on slowing your heart rate <i>(inhale for 5 seconds, hold for 5 seconds, exhale for 5 seconds, hold for 5 seconds, and repeat 3 times or more if desired)</i></p>	
Does this emotion in particular seem appropriate, based on what happened?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
If yes, was it the right emotion, but just too much of it/was it overly intense?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
What emotion(s) would you choose to feel instead, if another event like this happened again?	
Are there any actions you need to take, in order to help yourself feel better, or to repair the situation?	



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