

PROCESSING YOUR EMOTIONS

SENSING

Noticing that in your body that you are having an emotion.

NAMING

Name all the emotions that you are feeling within

ATTRIBUTING

What would you say caused these emotions to happen?

EVALUATING

Overall how do you feel about these emotions?

ACTING

Name all the emotions that you are feeling within



PROCESSING YOUR EMOTIONS QUESTIONS..

SENSING

WHERE IN YOUR BODY
ARE YOU FEELING
THESE EMOTIONS?
WHAT CAN YOU
DESCRIBE THIS AS?

NAMING

CAN YOU PUT
LANGUAGE TO WHAT
YOU ARE FEELING, IS IT
MORE THAN ONE
EMOTION?

ATTRIBUTING

CAN YOU SAY WHAT
THE ROOT OF THESE
EMOTIONS ARE? AN
EVENT, MEMORY,
TRIGGER ETC.

EVALUATING

WITHOUT JUDGING
YOURSELF CAN YOU
NAME ANY SECONDARY
EMOTIONS YOU ARE
CURRENTLY FEELING?

ACTING

WHAT ACTIONABLE
STEPS DO YOU WANT
TO TAKE? HOW DO YOU
WISH TO SOLVE THIS?
WHAT IS YOUR FUTURE
PLAN?



LIST OF EMOTIONS SEE BELOW

ANGRY

ANNOYED
ENRAGED
EXASPERATED
FRUSTRATED
FURIOUS
IMPATIENT
IRRITATED
OUTRAGED

POWERFUL

ADVENTEROUS
BRAVE
CAPABLE
COURAGEOUS
DARING
DETERMINED
FREE
STRONG
WORTHY

SHAME

EMBARRASSED
GUILTY
HUMILIATED
USELESS
WEAK
WORTHLESS

VULNERABLE

FRAGILE
GUARDED
INSECURE
RESERVED
SENSITIVE
SHAKY
UNBALANCED

CONFIDENT

EMPOWERED
OPEN
PROUD
SAFE
SECURE

POWERLESS

HELPLESS
HOPELESS
INCAPABLE
TRAPPED
VICTIMIZED



STRESSED

ANXIOUS
CONCERNED
DOUBTFUL
NERVOUS
OVERWHELMED
REJECTED
SHAKEN
RESTLESS

NUMB

ALOOF
BORED
DISTANT
EMPTY
INDIFFERENT
ISOLATED
LETHARGIC
SHUT DOWN

DISCONNECTED

ALLIENATED
ALOOF
COLD
DETACHED
DISTANT
NUMB
WITHDRAWN

DISGUSTED

ANIMOSITY
APPALLED
CONTEMPT
DISLIKE
HATE
HORRIFIED
HOSTILE

FEARFUL

AFRAID
ALARMED
ANXIOUS
APPREHENSIVE
FRIGHTENED
SCARED
PANIC

SADNESS

AGONY
DEPRESSED
DESPAIR
DEVASTATED
DISAPPOINTED
DISCOURAGED
GRIEF
HEARTBROKEN

