

Emotions Work

EVALUATE 😊 REGULATE 😊 MANAGE



LOVE



JOY



SURPRISE



ANGER



SADNESS



FEAR



REFLECT BACK ON MY DAY — *In the evening*

1. WHAT EMOTIONS DID I FEEL? — *Label them*
2. WHAT CAUSED THE EMOTION? — *Activating event*
3. WAS THE EMOTION I IDENTIFIED THE REAL EMOTION?
ANGER masks hurt, humiliation, frustration, rejection.
4. DID I HONOR THE EMOTION?
This is a normal, legitimate response. Anyone would feel _____ as a result of what happened.
5. HOW DID I EXPRESS THE EMOTION?
Did I express it appropriately?
6. AM I HAPPY WITH HOW I RESPONDED?
What will I do differently next time?



IDENTIFY EMOTIONAL PATTERNS



