

Being In Your Emotions - A Worksheet to Embrace Yourself...

- Learning to TRULY feel our emotions can be challenging and enlightening at first.
- Be kind, gentle and compassionate with yourself.
- If possible set aside time in a quiet place to engage in the first part of this worksheet.
- Watch the video in the Vlog to understand and complete the following graph - if confused.

Sink into the emotion as deeply as possible, allow yourself to notice, feel and then document.

Emotion	Physical Reactions	Mental Reactions
Joy		
Sadness		
Excitement		
Anger		
Frustration		
Anxiety		
Depression		
Lonely		
Peace		
Compassion		
Connection		
Love		
Hurt		
Playful		
Energetic		
Lethargic		
Fear		
Nervous		

I encourage you to find a buddy to explore this with, for it is empowering to realize you are not alone.

1. For this next section, you are going to notice an emotion you experienced during the last 24 hours.
2. After you select an emotion, you will write a brief description of what happened, what you were feeling and why.
3. Then you are going to follow the emotion down in. Really sink into it.

Again watch the video for explanation. - Read examples below

Examples:

Situation - *I wrote my first public blog post. After editing it several times, I knew it was ready to post.*

Emotion - *My insides churned with **nervousness** and **fear**.*

Physically - *felt like butterflies in my stomach. Tightness in my back, neck and jaw. My breathing was shallow and short.*

Mentally - *I found myself fighting with the negative self talk, personal faith and believe in my ability to write and share positive things.*

Root Issue -

- *As I felt into my nervousness and fear, I discovered that I also felt excitement.*
- *At first I had not been able to differentiate that emotion.*
- *As I dug deeper, I realized that my nervousness and fear were all based in a concern that people who saw the blog post would judge me, criticize my writing, perspective, sharing.*
- *Feeling even more down into the emotions I unearthed that the deep fear was rejection, nonacceptance, disconnect.*
- *As I looked at these feelings sincerely I could see that I feared losing acceptance, belonging, love, connection.*
- *I smiled at how silly that was, for how could I lose that from strangers, or people who really loved me for being me?*
- *As I hit "publish" I CHOSE to expand the sensation of excitement and let go of the feelings of nervousness and fear.*
- *The excitement grew, as did the self-acceptance, love, and faith in who I am.*

Situation - *My daughter and I had a disagreement. Her complaining hit a cord in me that reacted.*

Emotion - **Frustration**, rising **anger**, **hurt**, and **sadness**.

Physically - *my whole body was tight, stomach churned, jaw was set, breathing shallow and fast, adrenaline was rushing.*

Mentally - *I was not able to stop the rush of thoughts, remembering all the times she was ungrateful, didn't help, complained and criticized me. All thoughts came fast. Spiraling into more anger and deeper frustration.*

Root Issue -

- *Not feeling loved and appreciated.*
- *As I went deeper I realized I had an expectation attached to things I was doing.*
- *How could I expect her to notice or appreciate things that I did - that was me being attached to how she should react and then doing things with an expectation of gratitude and appreciation.*
- *This is not fair to her or I. No one can know our expectations, unless we share them out loud.*
- *Upon further exploration I realized that the deep root was feeling unloved, not needed.*
- *No one can make me feel love, only I can Choose to feel love.*
- *I smiled at my silly spiral, explained my perspective and why I reacted, felt the way I did.*
- *In sharing from the "I feel space", I got to let go of the finger pointing to then open the space for hearing and understanding.*