

## Feelings and Emotions Workbook

Feelings: mental, learnt responses to emotions, longer term

Emotions: physiological, responses to external stimuli, short term

Unhealthy Feeling/Emotion	Healthy Feeling/Emotion
Rage	Anger
Anxiety	Concern
Depression	Sadness
Guilt	Remorse
Hurt	Disappointment
Shame	Regret
Acidic Jealousy	Benign Jealousy
Acidic Envy	Benign Envy

What is the unhealthy feeling/emotion that I am experiencing? \_\_\_\_\_

Where? \_\_\_\_\_

When? \_\_\_\_\_

With whom? \_\_\_\_\_

What are my thoughts relating to the feeling/emotion?

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What triggers the feeling/emotion?

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How do I behave when I am experiencing the feeling/emotion?

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How is this impacting me?

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How is it impacting the people around me?

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What is the healthy emotion that I would like to feel? \_\_\_\_\_

What are the healthier responses that I can have if I am triggered again?

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What specific actions do I need to take and practice?

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How will I need to change my thinking to achieve a healthier response?

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How will experiencing a healthier feeling/emotion benefit me and others in the short and long term?

Short Term:

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Long Term:

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Can I realistically make these changes alone? Yes | No

If No, where do I need to go for help?

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