



KIDEST OM
Author, Teacher, Coach
Conscious Evolution, Manifestation, Empowerment

Worksheet

Emotional Awareness & Emotion Regulation



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The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are not a substitute for professional medical, psychological, or therapeutic care.

If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

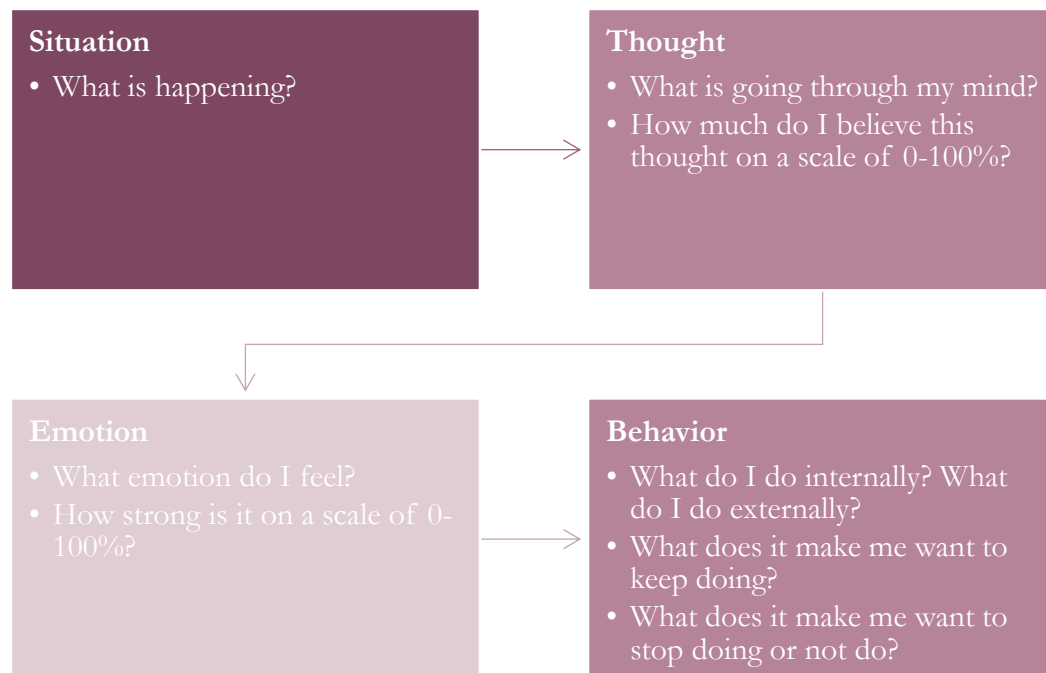
All practices and tools shared here are meant to complement—not replace—professional advice and should be used at your own discretion and responsibility.



Worksheet Description

Emotions are an ever-present part of human experience. The situations, people, and information you encounter will evoke a range of emotions. When these emotions are positive, it's useful to notice and even savor them. When these emotions are uncomfortable, acknowledging and processing them will help you maintain psychological flexibility and well-being.

Developing your emotional awareness ensures that you can experience whatever you're experiencing while maintaining balance and coherence. Emotional awareness allows you to understand your internal landscape by bringing conscious attention to your experiences. It is your emotional awareness that enables you to self-regulate and navigate life's challenges with greater ease.





The Scientific Basis for this Practice

Emotional awareness and regulation are fundamental components of psychological well-being and adaptive functioning. Research demonstrates that individuals who can identify and label their emotions with specificity show reduced amygdala reactivity and improved prefrontal cortex activation, facilitating better emotion regulation (Torre & Lieberman, 2018). This process, known as affect labeling, creates psychological distance from emotional experiences, enabling more adaptive responses (Kircanski et al., 2012).

Additionally, emotion regulation strategies, particularly cognitive reappraisal and acceptance-based approaches, have been shown to reduce symptoms of anxiety and depression while improving overall mental health outcomes (Aldao et al., 2010). The structured reflection process employed in this worksheet integrates principles from Dialectical Behavior Therapy and Cognitive Behavioral Therapy, both evidence-based approaches that emphasize emotional awareness as a prerequisite for regulation (Linehan, 2015).

By methodically examining the cognitive appraisals, bodily sensations, and behavioral urges associated with emotions, you develop metacognitive awareness—the ability to observe your internal experiences without immediate reactivity—which strengthens self-regulation capacity over time (Teasdale et al., 2002).



Questions for Emotional Awareness Practice

Work through these questions systematically to develop self-reflection skills and strengthen your conscious awareness of what you're experiencing. Regular practice will enhance your ability to self-regulate.

PART 1: IDENTIFYING THE SITUATION AND THOUGHTS

1. **Situation** – What situation is this emotion related to? What is the prompting event for what I'm feeling? Was there something specific that triggered this response?
2. **Thoughts** – What am I thinking about this situation? What is my interpretation? What conclusions am I making?
3. **Fact vs. Interpretation** – Is my interpretation of the situation based on objective facts or is it my opinion/assumption?

PART 2: IDENTIFYING AND UNDERSTANDING THE EMOTION

4. **Emotion Identification** – What emotion(s) am I experiencing? What am I feeling? What else am I feeling? (Name specific emotions—use a feelings wheel if needed)
5. **Emotion Intensity** – What is the intensity of this emotion on a scale from 0 (not present) to 100 (most intense possible)?



6. **Bodily Sensations** – Where in my body do I notice sensations associated with these feelings? (e.g., chest tightness, stomach tension, jaw clenching)

7. **Emotion Function** – What are these emotions telling me? What information or signal do they carry?

8. **Emotion Purpose** – What is the function of this emotion:
 - o a. Does it communicate something to others or influence their behavior? If so, how?
 - o b. Does it organize or motivate me toward some action? If so, in what way?
 - o c. Does it provide information, shape my perception, or lead to conclusions? If so, what conclusions are you coming to?

PART 3: RECOGNIZING PATTERNS

9. **Historical Pattern** – What is my first or earliest memory of feeling this way?

10. **Pattern Recognition** – When else have I experienced this emotion? Is this a familiar pattern of thinking and feeling?

11. **Emotional Memory** – Do I recognize that this familiar feeling may be rooted in past emotional experiences or memories?



- 12. Typical Response** – What do I usually do with this kind of emotion? (If your past behavior involved avoiding, ignoring, or dismissing the emotion, acknowledge that here)
- 13. Behavioral Impact** – What does this emotion lead me to do? How do I typically behave when feeling this way?
- 14. State of Being** – Do I recognize that this emotion influences my overall state of being and patterns of behavior?

PART 4: SELF-REGULATION AND MOVING FORWARD

- 15. Agency Recognition** – Do I recognize that I have the capacity to regulate this emotion?
- 16. Causal Understanding** – Why might I be feeling this way? What needs, values, or concerns does this emotion reflect?
- 17. Self-Compassion** – If I were to have compassion and empathy for myself in this situation, what would I tell myself?



18. Future Identity – Who do I want to be in relation to this kind of situation?

19. Cognitive Goal – How do I want to think about situations like this in the future?

20. Emotional Goal – What do I want to feel (or how do I want to respond emotionally) in situations like this?

21. Behavioral Goal – What do I want to do with emotions like this? How do I want to respond or behave in the future when I experience these feelings?



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About Kidest OM

Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

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