

Emotional Awareness and Emotion Regulation Worksheet



By Kidest OM



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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.

About This Worksheet



WHY THIS MATTERS

Emotions are an ever-present part of human experience. The situations, people, and information you encounter will evoke a range of emotions.



Notice and Savor

When these emotions are positive, it's useful to notice and even savor them.



Acknowledge and Process

When these emotions are uncomfortable, acknowledging and processing them will help you maintain psychological flexibility and well-being.



The Scientific Basis

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).

Part 1: Identifying the Situation and Thoughts



PART 1 • SITUATION & THOUGHTS

Work through these questions systematically to develop self-reflection skills and strengthen your conscious awareness of what you're experiencing.



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?



Thoughts

What am I thinking about this situation? What is my interpretation? What conclusions am I making?



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



PART 2 • NAMING THE EMOTION



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)



Emotion Intensity

What is the intensity of this emotion on a scale from 0 (not present) to 100 (most intense possible)?

Intensity: ____ /100



Bodily Sensations

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



Emotion Function

What are these emotions telling me? What information or signal do they carry?

Part 3: Recognizing Patterns



PART 3 • RECOGNIZING PATTERNS



Historical Pattern

What is my first or earliest memory of feeling this way?



Pattern Recognition

When else have I experienced this emotion? Is this a familiar pattern of thinking and feeling?



Emotional Memory

Do I recognize that this familiar feeling may be rooted in past emotional experiences or memories?



Typical Response

What do I usually do with this kind of emotion?



Behavioral Impact

What does this emotion lead me to do? How do I typically behave when feeling this way?

Part 4: Self-Regulation and Moving Forward



PART 4 • SELF-REGULATION (1 OF 2)



Agency Recognition

Do I recognize that I have the capacity to regulate this emotion?



Causal Understanding

Why might I be feeling this way? What needs, values, or concerns does this emotion reflect?



Self-Compassion

If I were to have compassion and empathy for myself in this situation, what would I tell myself?

Part 4: Self-Regulation and Moving Forward



PART 4 • SELF-REGULATION (2 OF 2)



Future Identity

Who do I want to be in relation to this kind of situation?



Emotional Goal

What do I want to feel (or how do I want to respond emotionally) in situations like this?



Behavioral Goal

What do I want to do with emotions like this? How do I want to respond in the future?

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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★★★★★ 
Life-changing! ✨

★★★★★ 
Helpful and inspiring

★★★★★ 
Brilliant—could transform your life.

★★★★★ 
Must read!!

★★★★★ 
Indispensable ✨

★★★★★ 
I give it TEN stars! ✨

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Featured Course by Kideest OM



The Positive Emotional Intelligence Course

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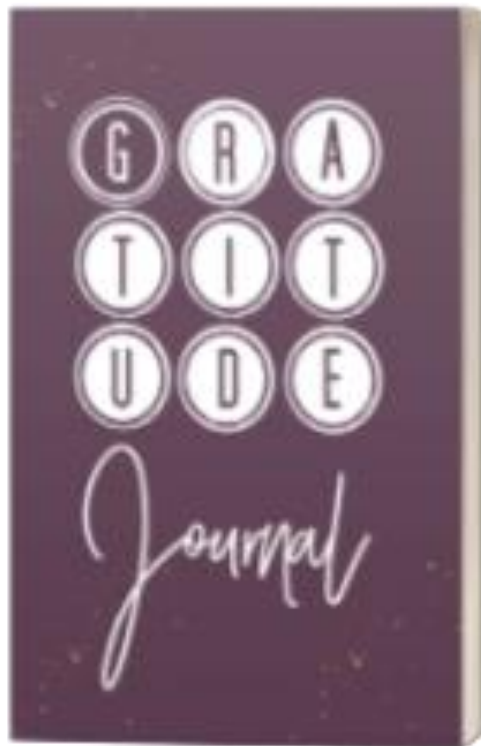


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