

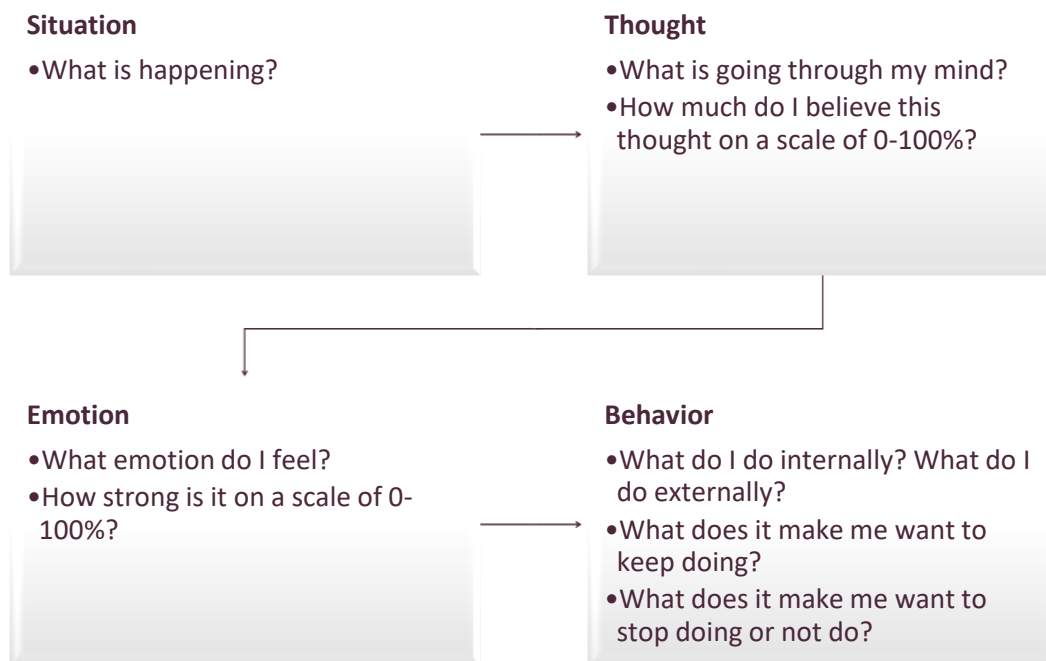
Kidest OM

www.infinite-life.com

WORKSHEET — EMOTIONAL AWARENESS & EMOTION REGULATION

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 them and processing them will help keep your energy flow optimal

Developing your emotional awareness ensures that you can experience whatever you're experiencing while having and keeping a harmonic and coherent energy field. Emotional awareness allows you to maintain a healthy and balanced energy flow by bringing your conscious awareness into any experience. It is your emotional awareness that allows you to self-regulate yourself into states of ease and wholeness throughout your life experience.



QUESTIONS FOR EMOTIONAL AWARENESS

Take yourself through these series of questions for an opportunity to self-reflect and bring into your conscious awareness what you're experiencing. The more you surface your inner material in this way, the more you'll strengthen your ability to self-regulate.

1. Situation – what situation is the emotion related to? What is the prompting event for what I'm feeling? Was there something specific?
2. What am I thinking? What is my interpretation? What conclusions did I make?
3. Is my interpretation of the situation fact or is it opinion?
4. What is the emotion here? What am I feeling? What else? (*Name emotions – use the feeling wheel if you need help identifying the specific emotion*)
5. What is the intensity of the emotion (0 – 100)?
6. What do I usually do with this kind of emotion? (*If your past behavior was to avoid, ignore, or dismiss the emotion, the new decision and behavior can be to acknowledge the emotion*)
7. What are these emotions telling me? What information do they carry?
8. What is the function of this emotion:
 - a. Does it communicate something to others or try to influence their behavior? If so, how:
 - b. Does the emotion organize or motivate me toward some action? If so, in what way:
 - c. Did the emotion give me information, color my perception, or lead me to any conclusions? If so, what conclusion did I make?
9. When else have I made myself feel this way?
10. Where in my body or energy field do I feel these feelings?
11. Why am I feeling this way?
12. What's my first memory of feeling this way?
13. What does this accomplish? What do I end up doing because of this feeling? How do I behave in this situation?
14. Do I recognize that this is a familiar way of thinking and feeling?
15. Do I recognize that all my familiar feelings are rooted in some emotional memory?
16. Do I recognize that this is dictating a state of being and a set of behaviors?
17. Do I recognize that I have the power to regulate this emotion?
18. If I were to have compassion and empathy for myself here, what would I tell myself?
19. Who do I want to be as it relates to this kind of situation?
20. How do I want to think as it relates to this kind of situation?
21. What do I want to feel as it relates to this kind of situation?
22. What do I want to do with emotions like this? What do I want to do in the future?

Kidest OM

www.infinite-life.com

[About Kidest OM](#)

Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

[SIGN-UP FOR KIDEST'S
NEWSLETTER](#)

[EXPLORE KIDEST'S
BOOKS](#)

[EXPLORE KIDEST'S
COURSES](#)