
Exercise: Recognising your emotions

Below is an example of the *Recognising your Emotions* worksheet that has been completed. Following is a blank worksheet for you to fill in with an example from your own life.

You may wish to use the worksheet to examine an emotional incident for your recent past. Pick a situation you can clearly remember. Do your best to identify your primary and secondary emotions. You may also want to use it to examine a current situation. You may find it helpful to practice by looking at past situations so that you can later learn how to identify your emotions and their consequences *while they are happening*

EXAMPLE: RECOGNISING YOUR EMOTIONS WORKSHEET

Questions	Your Responses
When did the situation happen?	<i>Last night.</i>
What happened? (Describe the event)	<i>I came home and my boyfriend was lying on the couch, drunk again. He still refuses to go to therapy or AA. I yelled at him and called him a "worthless drunk." But he just sat there, without saying anything. So I went in the bathroom and cut myself.</i>
Why do you think that situation happened? (Identify the causes)	<i>My boyfriend is an alcoholic who hates me and regrets meeting me. I also think he's given up on his own life and just does things like this to hurt me on purpose.</i>
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)	<i>Primary emotions: Anger Secondary emotions: Hopelessness and shame Physical sensations: Face and arms became tense, sick to my stomach.</i>
What did you want to do as a result of how you felt? (What were your urges?)	<i>I wanted to hit my boyfriend, and I had the urge to kill myself to end my pain.</i>
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	<i>I locked myself in the bathroom and started cutting myself. Then I went to bed by myself because I was so angry. I yelled at him and called him a "worthless drunk."</i>
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	<i>I was so angry when I went to bed that I forgot to set my alarm. So I wake up late for work. When I got in, my boss yelled at me again. He said that if I'm late one more time, he'll have to fire me.</i>

RECOGNISING YOUR EMOTIONS WORKSHEET

Questions	Your Responses
When did the situation happen?	
What happened? (Describe the event)	
Why do you think that situation happened? (Identify the causes)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions)	<i>Primary emotions:</i> <i>Secondary emotions:</i> <i>Physical sensations:</i>
What did you want to do as a result of how you felt? (What were your urges?)	
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	