



Emotional Awareness

List three (3) experiences when you were the most happy in your life.

- 1.
- 2.
- 3.

What made you feel that way?

What types of situations or experiences invoke your happiest feelings?

What people invoke your happiest feelings?

What places invoke your happiest feelings?

What types of situations cause you to feel the most anxiety?

What do you fear most in your life right now?

When do you feel the most angry or frustrated?

What is it about those situations that makes you feel that way?

When do you feel inspired?

Who and what contribute to your sense of inspiration?

What two (2) personal accomplishments fill you with the greatest sense of pride?

1.

2.

Do you have much control over your emotions? Why or why not?

Do you base your decisions more on emotion or logic?

Finish the following statements

When I am put under pressure, I feel...

When someone criticizes me, I feel...

When trying something new, I feel...

When meeting new people, I feel...

I am open about myself to others if...

I express myself to others when...

I feel anger when...

I feel sad when...

I feel frustrated when...

I feel nervous when...

I feel important when...

I feel confident when...

I feel appreciated when...

I feel pride when...

I feel motivated when...

I feel relaxed when...

I feel special when...

I feel a sense of wonder when...

I feel the happiest when....

I feel proud of myself when...