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FORM 8.1

Questions to Ask Yourself to Enhance Your Emotional Awareness

1. What just happened that activated your emotional response?

2. Using the five senses, what can you notice in your environment around you?

3. Turning your awareness inward, what physical sensations do you notice in your body in this moment?

4. Where in your body are you experiencing sensations that you relate to your emotions just now?

5. If you were to give a label, or the name of a feeling, to your emotion, what would it be?

6. What thoughts are going through your mind that you associate with this emotion?

(cont.)

7. What needs or wants do you associate with this emotional state?

8. What urges toward action arrive with this emotion?

9. Is this a clearly defined emotion, or are you experiencing a mix of emotions? If so, what are the labels for the emotions you are feeling?

10. Does this emotion feel like a response to something directly in your environment or history (a "primary emotion"), or is it a response to another emotion (a "secondary emotion")? If it is an emotion about another emotion, what is the primary emotion you are responding to?

11. Does this feel like an emotion that you want to move towards or an emotion that you want to move away from?

12. How can you best make space for this emotion and take care of yourself in this moment?