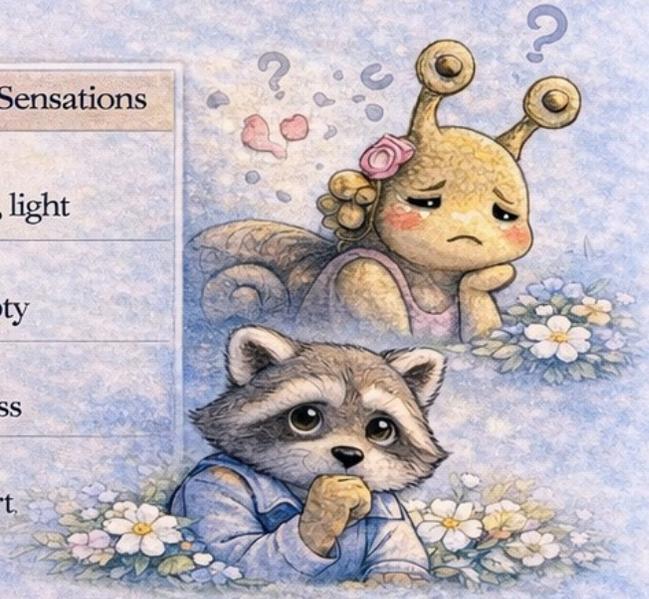


Understanding Your Emotions

Emotions are a normal part of being human. Learning to identify and understand your emotions can help you process feelings and navigate life with greater clarity.

Core Emotion	Feelings	Physical Sensations
Happy	Joyful Content	Relaxed, energized, light
Sad	Lonely, Disappointed	Heavy, tired, empty
Angry	Frustrated, Annoyed	Tense, hot, restless
Scared	Anxious, Overwhelmed	Tense, jittery, alert



1. What emotion do you most frequently experience?
How does it show up in your body?

2. What typically triggers your strong emotional reactions?
What patterns are you noticing?

3. How can you respond to your emotions in a healthy, constructive way?

4. How does it feel to name and reflect on your emotions?

