

Focus on Emotions Worksheet

EMOTIONS:

During the Focus part of the video (around 20+ minutes) we “focused” on emotions. Here is the list of emotions that I promised you.

You may want to use these to discover your problem or upset.

Did you feel these emotions today/yesterday? Think back. Now answer the question on the page above... “What were you thinking?” ... “Why did you do that?”

Short List of Emotions

- | | | | |
|------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Irritated | <input type="checkbox"/> Boredom | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Dismay | <input type="checkbox"/> Aggravated | <input type="checkbox"/> Annoyed | <input type="checkbox"/> Regret |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Annoyed | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Panic | <input type="checkbox"/> Grumpy | <input type="checkbox"/> Dissatisfied | <input type="checkbox"/> Remorse |
| <input type="checkbox"/> Despair | <input type="checkbox"/> Worry | <input type="checkbox"/> Distracted | <input type="checkbox"/> Embarrassed |
|
 | | | |
| <input type="checkbox"/> Hurt | <input type="checkbox"/> Sad | <input type="checkbox"/> Lonely | <input type="checkbox"/> Discouraged |
| <input type="checkbox"/> Disgusted | <input type="checkbox"/> Indifference | <input type="checkbox"/> Empty | <input type="checkbox"/> Disillusion |
| <input type="checkbox"/> Shocked | <input type="checkbox"/> Apprehensive | <input type="checkbox"/> Dread | <input type="checkbox"/> Rejected |
| <input type="checkbox"/> Insulted | <input type="checkbox"/> Stress | <input type="checkbox"/> Anguish | <input type="checkbox"/> Powerless |
| <input type="checkbox"/> Loathing | <input type="checkbox"/> Tension | <input type="checkbox"/> Doubt | <input type="checkbox"/> Defeated |
| <input type="checkbox"/> Contempt | <input type="checkbox"/> Anger | | <input type="checkbox"/> Helpless |