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S. Verrall

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# Acknowledge Feelings

**Instructions:** Take some time to reflect on your feelings and emotions. Use this worksheet to identify and acknowledge what you're feeling. Try to be as specific as possible.

1. **Emotion:** Write down the primary emotion you're experiencing. Is it happiness, sadness, anger, fear, surprise, or disgust?

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On a scale of 1 to 10, with 1 being very mild and 10 being extremely intense, rate the intensity of this emotion (circle one).

[ mild.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10 intense ]

2. **Trigger:** Identify the event or situation that triggered this emotion. What happened or is happening that made you feel this way?

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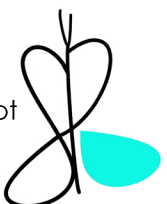
Pay attention to how this emotion manifests in your body. Do you feel tension, warmth, chills, or any other physical sensations? Describe them.

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3. **Thoughts:** What thoughts or beliefs are associated with this emotion? Are there any specific thoughts or self-talk that are contributing to this feeling?

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4. **Behavior:** Consider how this emotion is influencing your behavior. Are you inclined to act in a certain way because of this emotion? Describe any actions or behaviors associated with it.



# Acknowledge Feelings

5. **Desired Outcome:** What would you like to achieve or change regarding this emotion? How would you like to feel instead, or what actions would you like to take to address it?

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6. **Self-Compassion:** Write down a compassionate and understanding statement to acknowledge and validate your feelings. Be kind to yourself in your self-talk.

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7. **Coping Strategies:** List some healthy coping strategies you can use to manage or work through this emotion. These can include deep breathing, journaling, talking to a friend, or engaging in a relaxing activity.

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8. **Reflection:** Take a moment to reflect on how completing this worksheet has helped you understand and acknowledge your feelings. What insights have you gained?

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Remember that acknowledging and processing your feelings is an important step in emotional well-being and self-awareness. Use this worksheet as a tool to help you better understand and manage your emotions.

