

Feelings & Emotions

There are many different feelings that we experience in life. The following questions will help you assess how you deal with your feelings and emotions.

1. Do you notice that you experience some feelings and emotions more than others? Make a list of the most common feelings and emotions in your life.

2. What are the feelings and emotions that you try to avoid?

3. Do you find yourself only expressing other feelings and ignoring your negative or positive feelings? Why?

4. How do you express your feelings?

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5. Which feelings or emotions do you think leads you to undesirable behaviors? What are these behaviors?

6. What are some positive ways to deal with your feelings and emotions? (Healthy coping skills)

7. If you find yourself getting overwhelmed by your feelings and emotions, who can you talk to (besides your therapist)?
