

Emotion Awareness Worksheet

Connecting situations, body sensations,
thoughts and emotions

Sometimes it can be hard to know what we are feeling. This worksheet can help you notice what is happening inside your body and mind. Over time, it can help you understand your emotions better and recognise patterns in your thoughts, feelings and behaviours.

How to complete the worksheet

When something important happens, try filling in one row of the worksheet.

Situation

What happened?

Where were you, what were you doing?

Body Sensations

What did you notice in your body?

For example, a sore stomach, tight chest, racing heart, shaky hands or tense muscles.

Thoughts

What was going through your mind?

What were you saying to yourself?

Possible Emotion(s)

What feeling or feelings might fit?

It is okay if you are not sure.

Remember

There are no right or wrong answers. You do not need to find the perfect emotion. The goal is simply to notice what is happening in your body and mind. With practice, emotions often become easier to recognise and understand.

Many people notice body sensations or thoughts before they can identify an emotion. This is normal and is an important first step in building emotional awareness.

Notes

Notes



CCEDS

Coral Coast Eating Disorder Service

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SITUATION	BODY SENSATIONS	THOUGHTS	POSSIBLE EMOTION(S)
What happened?	What did you notice in your body?	What was going through your mind? What was I telling myself?	What emotions might fit?
I ate all my lunch	my stomach hurt	I am getting bigger	Nervous, anxious

Use the sheets on the next pages of the booklets to record your answers



There are no right or wrong answers.

Noticing is the first step to understanding.

Situation

What happened?

Body sensations

What did you notice in your body?

Thoughts

What was I telling myself?

Possible emotion(s)

What emotions might fit?

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What happened?

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Possible emotion(s)

What emotions might fit?