

Emotion Inventory Exercise Session #17

1. Read the Emotion Feeling Word Guide found in the resources section. Select just three feeling words that stand out to you. Document in a journal, on a piece of paper or on your phone/device, whatever works best for you, and note the rank of each feeling you selected on a scale of 1-10 with 1 being not intense at all and 10 is very intense. The feeling can be past or present. Think about the scene or location where you experienced this feeling and write down as much as you can recall from this memory. What was said, how was it said, what tone were the words said? What transpired? What was the day or hour or the environment around you and the temperature of the space you were at the time? What were you wearing? Any colors come to mind? Do you recall any smell or scent? Was there any music playing or other sounds present?
2. If you are having difficulty identifying the feelings, think about a movie or another scenario that may have prompted or stirred feelings of sadness, anger, disgust, joy. (Ever watch the Disney/Pixar movie Inside Out? Might be worth a watch or rewatch) What was the scene and what happened to cause you to have this feeling?
3. Then use the Emotion Chart color wheel to match the feeling words you selected from memory with the associated emotional color on the wheel. What are you noticing? Any color patterns emerging? What colors make you feel better than others? Any areas that stand out to you? Identifying feelings and seeing the effects of these emotions and even talking about the results with others can be a critical step of breaking free and releasing these emotions that we may have been holding on to for some time. This involves a risk yet a risk worth taking to equip us with words to describe our emotions, the ability to let others know these feelings and we do not need to fear them but embrace them.

4. Write out and put into practice a feeling sentence using the 3 words you selected in step 1 to help learn how to identify and distinguish feelings. Complete 3 sentences each day for the next two weeks and then continue this practice regularly as part of your regular check ins. (step 5) The emotion sentence is this: I feel

_____ when

_____ because

5. Daily check in's: Use the Emotion Color Wheel as a way to chart your emotions several times during the day. Do a quick assessment upon waking up and then check in every couple of hours (if that is too much some have found checking in upon arising, breakfast, lunch, dinner and bedtimes can work well and serve as a way to remember). Make a note of any details around the check ins that you feel comfortable with and do this also for the next two weeks. You might find it to be beneficial for processing through emotions faster so they won't fester and incorporate it into your daily healing routine.

We would love to hear how these exercises go for you in the next session!

We sincerely wish you great emotional health and overall wellbeing today and always!