

## Understanding Emotions

The situations we face in life are often unpredictable, and the emotions that result are unexpected.

Learning to recognize each emotion and talk about it can improve our ability to be vulnerable.

Use the form below to record and reflect on some of the emotions experienced:

Explain the situation and its effect on your life:

The situation made me:

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Proud					
Happy					
Excited					
Empowered					
Relaxed					
Certain					
Sad					
Pleased					
Content					
Anxious					
Apprehensive					
Embarrassed					
Disappointed					
Angry					
Afraid					

The completed form can be reviewed to understand and share the emotions felt during and after the event.