

Connecting Emotions to Life Situations

Identify a times in the past you felt each of these feelings. Doing this will help connection emotions to specific events, and attach them to that event, to help avoid emotional weight to move from one event to the next.

A time I felt angry:

A time I felt sad was:

A time I felt happy was:

A time I felt ashamed was:

A time I felt scared was:

A time I felt proud was:

Now that you have identified a time that you have felt these emotions, go back and see where you may have felt that emotion in your body to help create the mind body connection, so the next time you experience the emotion, your awareness will be raised and perhaps allow you to process the emotion as it comes to you.