

Keep Your Emotions From Snowballing

"By slowing down and identifying each and every core emotion under our anxiety, we feel calmer and clearer about what's going on for us. For maximum relief, we must eventually process each core emotion one at a time."*

Big, blobby emotion	What's this feeling, more specifically?	For any specific emotions you circled, can you think of why they're present?	What small step could you take to resolve these feelings?
Angry	Betrayed Inconvenienced Annoyed Incredulous		
Sad	Disappointed Hurt Rejected Alone		
Panicked	Overwhelmed Helpless Hopeless Unprepared		
Nervous	Apprehensive Worried Insecure Fidgety		
Ashamed	Guilty Regretful Embarrassed Alienated		

*This worksheet is inspired by this article, by Hilary Jacobs Hendel LCSW: <https://www.psychologytoday.com/us/blog/emotion-information/202108/two-powerful-techniques-lower-anxiety>