



# Emotion Exploration Exercise

**TURNPAGE**  
COUNSELLING &  
PSYCHOTHERAPY

## Physical Sensations

Do you notice any physical sensations associated with certain emotions (e.g., tightness in the chest when feeling anxious)? If so, what are they, and how do they affect you?

## On the Daily

What emotions do you typically experience on a daily basis? Can you list them out? Are there certain emotions that are particularly strong, present, or recurring for you?

## Current Events

Reflecting on recent events, what triggered the strongest emotional response in you? Can you describe the situation and the emotions you felt?

Are there any specific patterns you notice in how you react emotionally to certain situations or people? If so, what are they?

## In the Past

Reflect on your childhood and upbringing. How were emotions dealt with in your family? Did this influence how you handle emotions now?

## Nope.

Are there any emotions that you find difficult to express or acknowledge? Why do you think that is?

## Trends

Consider the people in your life, such as family, friends, or colleagues. How do their emotions affect you, and how do you respond to them? Are there any patterns or trends in how you navigate emotional dynamics with others?

## Right Now

Take a moment to check in with yourself right now. What emotions are present for you in this moment, and what might be contributing to them?