



Recognizing your Emotions

(Basic and Secondary Emotions)

As we continue working on **emotion regulation**, I'd like you to complete a worksheet to help you recognize and understand your emotions, especially the basic ones. This will help increase your self-awareness and deepen your connection to your emotional responses.

Here's what I'd like you to do:

1. **Download the worksheet** I've attached and fill it out by hand if possible. Writing by hand engages the tactile part of your brain, which can help you better connect with your body and expand your awareness. However, if typing is more convenient for you, feel free to do so.
2. **Pick an emotional incident from your recent past**—something you can remember clearly. Reflect on the situation and try to identify both the **primary emotion** (the initial, instinctual response) and any **secondary emotions** (those that followed).
3. **Be honest** with yourself during this process. This worksheet is for your personal reflection; no one else will see it, not even me. We will discuss what you discover in our sessions, and you can share only what you feel comfortable with.
4. I'd like you to **complete this worksheet regularly for at least two weeks**, using past emotional experiences to practice recognizing your emotions. This will help you gain insights into your emotional patterns and responses.

Feel free to make as many copies of the worksheet as you need. Let me know if you have any questions, and we'll talk more about this in our next session.

Instructions for Use:

- Complete this worksheet regularly over the next two weeks, using past emotional events to reflect on your emotional responses.
- Try to be as honest and detailed as possible to help you better understand your emotional patterns.
- Keep these worksheets private and use them for our discussion during sessions, sharing only what you are comfortable with.

The following questions can help you learn what you want in any given moment:

1. Describe the Situation

- **What happened?**

(Briefly describe the situation in which you experienced strong emotions.)

2. Identify the Emotions

- **Primary Emotion:**

(What was the first emotion you felt? Choose from the list of primary emotions below.)

Primary Emotion: _____

(Examples: sadness, fear, anger, happiness, surprise, disgust, love, shame)

3. Identify Any Secondary Emotions

- **Secondary Emotions:**

(What emotions came after your initial reaction? Did your emotions intensify or change? List them below.)

- **Secondary Emotion(s):**

4. Rate the Intensity of Your Emotions

- **On a scale of 1 to 10, how intense were your emotions?**

(1 = very mild, 10 = extremely intense)

- **Primary Emotion Intensity:** _____
- **Secondary Emotion Intensity:** _____

5. Physical Sensations

- **How did you feel in your body during this emotional experience?**

(Example: heart racing, tension in muscles, stomach discomfort, etc.)

6. Thoughts

- **What thoughts were going through your mind during this emotional experience?**

(What were you thinking at the time?)

7. How Did You Respond?

- **How did you react to the situation and emotions?**

(What actions did you take? How did your behavior reflect your emotions?)

8. After Reflection

- **After reflecting on this experience, do you think your emotions matched the facts of the situation?**
 - Yes: _____
 - No: _____
- **Did you handle your emotions in a way that helped the situation, or did your reaction make things worse?**
 - Helped: _____
 - Made things worse: _____

9. What Could You Do Differently Next Time?

- **How might you approach a similar situation in the future to regulate your emotions more effectively?**
(Think about what skills from DBT or other tools you could use.)

Basic Emotions List

- **Anger:** frustration, annoyance, rage
- **Sadness:** grief, disappointment, loneliness
- **Fear:** anxiety, worry, panic
- **Happiness:** joy, excitement, contentment
- **Surprise:** shock, amazement, wonder
- **Disgust:** repulsion, disapproval, aversion
- **Love:** affection, care, warmth
- **Shame:** guilt, embarrassment, inadequacy

Keep in mind, just getting the information will not help you at all. You then have to take action.

"Feelings are much like waves; we can't stop them from coming, but we can choose which ones to surf."

Jonatan Mårtensson

Best regards,

Pakeezah Baig