

UNDERSTANDING YOUR EMOTIONAL ENERGY

Instructions:

Consider each of the emotions captured in the following chart. Think of the most recent time you experienced each and complete the chart below. Strive to avoid judging yourself. This exercise simply serves to help you better understand how emotions manifest through you.

Emotion	Physiological Responses	Cognitive Responses	Behavioral Responses
Anger			
Frustration			
Grief			
Anxiety			
Fear			
Joy			
Gratitude			
Hope			

