



**Step 2: How do you Experience the following Emotions?**

- For each of the listed emotions, write a short description of how the emotions feels in your body and how you would describe it.
- If you are having trouble, spend time monitoring yourself for that emotion in order to complete your description. Do not be discouraged. It can sometimes take a long while to get a handle on an emotion.

**ANGER:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FEAR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SHAME:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**GRIEF:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ANXIETY:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HATE:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DOUBT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISGUST:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*Feel free to add additional pages if you would like to add emotions to this list\*\*\*

**Step 3: Brainstorm Authentic ways to Express each Emotion**

- Start with your answers from Step 1 and consider how you might improve upon your expression of each negative emotion (if necessary).

**ANGER:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FEAR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SHAME:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**GRIEF:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ANXIETY:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HATE:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DOUBT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISGUST:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Optional Journal Topic:** How does your view of client behavior change when you consider that their expression of anger may be a mask for more painful negative emotions?