

Exercise sheet

I IDENTIFY AND ACCEPT MY EMOTIONS



A few points to help us manage our emotions better
When dealing with my emotions:

1 I try to recognise my emotions

I recognise my emotions by listening to what I feel in my thoughts and in my body. Some physical sensations are the specific manifestation of certain emotions.

2 I name my emotions with nuance.

It's essential to be able to put my emotions into words and to describe them with nuance. Being desperate is not the same thing as being upset. Being worried is not the same as being terrified. Being angry is not the the same thing as being bored.

3 I try to accept my emotions, to let go.

Fighting against something increases its intensity.
Accepting an emotion is already one solution to the problem!

4 I don't try to shake off my emotions as quickly as possible!

It may help in the short term, but it's likely to make things more difficult for me in the long term!

5 I treat myself with kindness and compassion!

Watch out for emotions that come on top of one another!

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Identify your emotions

Here's a one-day self-observation exercise. It may seem daunting, but it's an excellent way to get to know yourself better. Describe your unpleasant emotional moments of the day.

Day and time	What I do	The emotion I feel	Intensity of this emotion between 0 and 10	I name my emotions and my feelings
9:30 p.m.	On TV, there's a scene that reminds me of my own attack	FEAR	8	Distraught, panic-stricken

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Below is a short, non-exhaustive glossary that may help you to use more precise words for your emotions so as to better understand their intensity.

Intensity	Fear	Sadness	Anger
+	Apprehensive fearful	Sorrow	Bitter, dissatisfied
	Insecure, suspicious	Downcast	Irritated, frustrated
	Nerve-wracked, stressed	Hurt, disappointed	Annoyed
++	Worried, anxious	Useless, abandoned, helpless	Angry
	Alarm	Unhappy	Exasperated
	Frightened	Depressed	Indignant
	Panic	Ashamed, guilty	Revolted
+++	Agitation	Melancholic	Aggressive, resentful
++++	Submerged, helpless, disoriented	Dejected, overwhelmed	Furious, out of control
	Terrified	Without hope	Enraged