

Understanding Your Emotions When You Are Upset

Objective

To identify a specific situation when you were upset and identify strategies for managing your emotions during difficult times in the future.

What to Know

Do you have high emotional intelligence (EQ)? Research has shown that people with a high degree of emotional intelligence are happier, more successful in their careers, and even healthier. EQ can increase with practice, and you can learn to recognize your emotions and the effect they have on your behavior, particularly when you are upset.

This worksheet will help you understand how your emotions affect your behavior when you are upset and the positive things you can do in the future to cope.

What to Do

Describe a situation that upset you.

What external events contributed to that situation?

Describe anything you did that contributed to the situation.

How did this situation make you feel both emotionally and physically? Be specific.

What did you want to do as a result of how you felt?

What did you actually do?

What did you want to say?

What did you actually say?

How did your emotions and behaviors affect you later? Were you still upset?

Did you do anything to feel better?

Check off any of the coping behaviors that might have helped you in this situation. I could have:

___ communicated how I felt.

___ walked away.

___ recognized my feelings, but not acted on them.

___ done a deep breathing exercise.

_____ engaged the person I was with to solve the problem.

_____ sought support either before or after this situation.

_____ adjusted my expectations and been more realistic about what “should” happen in this situation.

_____ found some humor in this situation.

_____ been more positive about myself instead of blaming myself for what happened.

_____ been more assertive about my rights and needs.

_____ done something positive to calm myself down when I realized I was upset.

_____ Other healthy coping behaviors:

Reflections on This Exercise

How helpful was this exercise? _____
(1 = not very helpful, to 10 = extremely helpful)

What did you learn from this exercise?
