



# Emotion Recognition Log

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We often try and “turn off” emotions but all we are doing is making ourselves not consciously aware of them. We feel emotions for a reason even though we often don’t know “why” we feel them or tell ourselves they aren’t allowed or aren’t justified. Emotions do not have to control your behaviors.

When we allow ourselves to feel our emotions and label where they come from they will have less negative control over our bodies, thoughts, and behavior. That does not mean they have *no* control, but generally they will not last as long. When we link our emotions to the event that causes them we are reminding ourselves that our emotions happen for a reason and that they are a valid part of our experience. When we feel our emotions in the present they often do not intrude as invasively on our thoughts and bodies later.

## Step 1 : Identify the Emotion

People rarely come into therapy to identify positive emotions. The first step is to see if the emotion you are feeling is positive or distressing to you. If the Emotion is negative, it will likely have one of 3 “roots” : Sad / Hurt, Angry / A line has been crossed, or Afraid / Vulnerable. We have lots of hyper-descriptive words to describe negative emotions, but these words usually have these 3 “roots”. For example; *frustrated* means I am a little bit angry and in control of it, *furious* means I am extremely angry and out of control! Find the emotion you are feeling and write it down. You can find more than one!

## Step 2 : Feel The Emotion, Write Down What You Feel in Your Body

Once you identify the emotion, then allow yourself to feel it. Do not judge it as good or bad, or try to turn it off. Even if you feel that the emotion is not good or justified, allow yourself to notice how it affects your thoughts and body. Is there a tight or cold feeling? Is it in your chest or stomach? Is your heart rate speeding up, or do you have brain fog or a headache?

## Step 3: Make an “I” Statement about why the Emotion Exists

Make an “I” statement about why you feel the emotion. The statement should explain how something or someone’s behavior affected you, not judge someone or their behavior. For Example, “I am angry because he broke my trust, NOT “I am angry that he is bad”. Whether or not they are pleasant, we feel our emotions for a reason. When we remind ourselves that there events that are affecting us we keep the emotion in the present, have more mental clarity, and often feel better faster. Emotions exist for a reason. When we realize why we feel the way we feel we often realize that there are things in our environment, or in the messages we tell ourself about the world that we need to change.

# Emotion / Feeling / Cognition Log

Step 1: Identify the Emotion	Step 2 : Find the Emotion in Your Body	Step 3: "I" Statement
Example: Sadness, Fear	Example: Lump in throat, Hunched back, Tension across forehead	Example: I was denied a promotion I felt I earned and that made me sad. I am afraid that I will always fail.