



**Exercise:**  
***Sitting With Your Emotions***

***This exercise will involve you digging deep within yourself. You may have to confront some uncomfortable truths about your feelings but that's okay. Below I will list some emotions. I would like for you to recall an event that triggered this emotion and to analyze your reaction to it. Think about why the event triggered such a strong emotional response. Also, think about how the event made you feel physically, mentally, emotionally.***

***Ex. Sometimes when I'm angry, physically, I feel hot and start to sweat, emotionally I feel drained, and mentally I feel overwhelmed by mean thoughts.***

***The 8 Primary Emotions List***

- 1. Anger***
- 2. Interest***
- 3. Sadness***
- 4. Joyful***
- 5. Fear***
- 6. Shame***
- 7. Disgust***
- 8. Surprised***

***Use a separate sheet of paper to explain how each emotion made you feel mentally, physically and emotionally.***