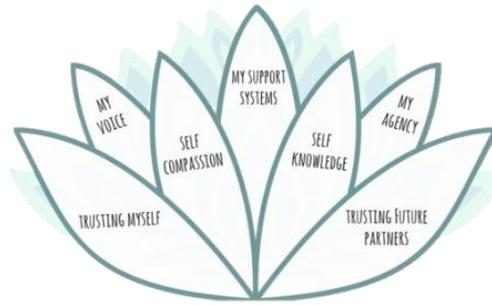


## Identifying Emotional Signs



Often, we learn to silence the signals that our minds and bodies send us—sometimes, we are taught in our relationships either that particular emotions are not OK, or that all of our emotions are somehow less important than those of our partner/friend/family member. An important part of learning to trust ourselves is learning (or relearning) to listen and respond to these signals.

**Instructions for Identifying Emotional Signs Activity:** For each of the emotions listed on the left of the chart, complete the sentences in the right hand columns in as many ways and with as much detail as you can. Include sensations and behaviors (i.e., “my chest feels light,” “my stomach feels unsettled,” “I clench my jaw,” “my heart races,” “I turn away,” “my brow wrinkles”), as well as thoughts (i.e., “I tell myself x,” “I think I’m worthless,” “I never want this to end”), and feelings (i.e., “I feel terrified,” “I feel at peace”).

Emotion	Internal Signal I can tell that I’m feeling ____ when . . .	External Cue My partner/friend family member can tell that I’m feeling ____ when . . .
Happy		
Angry		
Sad		
Hurt		
Worried		
Scared		
Frustrated		

## Identifying Emotional Signs

Loved		
Embarrassed		
Proud		
Annoyed		
Jealous		
Passionate		

### Building on the Identifying Emotional Signs Activity:

Was it difficult to identify the internal signals for any of the emotions listed?

- If yes, which ones?
  
- Why might those emotions be more difficult for you to identify for yourself?
  
- Take time to notice how you respond to your own emotional signals, and identify self-care/self-compassion responses that might help you to feel more comfortable with particular emotions, or that might help you move through those feelings.
  
- Did you list any signals for more than one emotion? Does that lead to confusion about your own emotional state?
  - How might you be able to utilize other internal signals to help you identify how you're feeling?

Was it difficult to identify the external cues for any of the emotions listed?

- If yes, which ones?
  
- Do you think that others are generally able to tell what you're feeling?
  - Do you think you intentionally try to mask certain feelings? Why do you think you do so?
  
- Did you list any cues for more than one emotion? Do you think that might be confusing for others?
  - How might you help others know what you're feeling in those situations?