



Feelings Worksheet

This worksheet is based on research protocols developed by Dr. Pascual-Leone at the University of Windsor to understand emotional experiences. There are three sections to this worksheet, one per page. The first section focuses on emotional venting and letting out your feelings, the second focuses on exploring and identifying what you need to move through a specific emotionally-intense situation, and the third focuses on making meaning in emotionally challenging situations.

Emotional Venting

Use the following sentence stems to help you let out your feelings:

Distress and Sadness

- I feel sad about _____
- What upsets me is _____
- I feel confused and lost when _____
- I feel hopeless and discouraged when _____
- I wish I could get past _____

Worry/Fear/Shame/Guilt

- I am worried about _____
- I am embarrassed by _____
- I feel ashamed about _____
- I worry I am not ready for _____
- I am afraid of _____
- I worry it is my fault that _____

Anger and Rage

- I'm upset that _____
- I feel resentful about _____
- I hate _____
- Sometimes I get so angry and fired up, I want to _____
- I'm disgusted by _____
- It's just really frustrating that _____

Identifying Emotional Needs

Think about a situation in your life that is difficult and emotionally painful. Use the list of needs below to consider what you most need to work through this situation. You may find that you have more than one emotional need; check all that apply.

_____ recognition/affirmation (praise, respect, admiration)

_____ approval/affiliation (to be liked, be believed in, have a sense of belonging and connection)

_____ affection (to receive love, tenderness, warmth, intimacy, friendship)

_____ support (help, protection, guidance, advice)

_____ nurturance (validation, sympathy, comfort)

_____ autonomy (independence, freedom, resist influence or coercion)

_____ space (physical and/or psychological distance)

_____ physical activity (walk, jumping jacks, push-ups, etc. to have a physical outlet for emotions)

_____ positive moments (do something that elicits joy, reminds you of the beauty in the world, or do something playful)

Write a sentence or two about why you identified the above needs.

Making Meaning

Use the following sentence stems to help you find meaning related to the feelings you are having.

Assertive Anger

- My anger is helpful and constructive because _____
- I have a right to be assertive because I _____
- I deserve _____
- I will stand up against _____
- I will take action in order to _____

Grieving a loss

- What I miss is _____
- I'm sad about losing _____
- I feel hurt by _____
- I would have liked _____
- I'm starting to be able to "let go" of _____
- I try and make sense of what I have lost through _____

Soothing and Comforting oneself

- When I feel down, I can tell myself _____
- To make myself better I _____
- Even though I am upset, I can still imagine _____
- My friends/family care for me by _____
- I imagine a better future by _____

Source: Pascual-Leone, A. (2010). Emotion priming tasks for expressions of early distress and advanced meaning making. Unpublished measure. University of Windsor, ON. English version. Retrieved from https://www.uwindsor.ca/people/apl/sites/uwindsor.ca.people.apl/files/pascual-leone_2010_priming_emotion_sentence_stems.pdf