



THÉLA · FREE GUIDED WORKSHEET

Getting to Know Your Emotions

A gentle guide to noticing what you feel, understanding what matters, and choosing how to care for yourself.

There is no right or wrong way to use this worksheet. You can write a few words, draw, reflect quietly, or skip anything that does not feel helpful today.

A space to heal, grow, and reconnect.

Start with noticing

Emotions can be mixed, unclear, or change throughout the day. Begin with what you notice right now.

How am I feeling today?

- | | | |
|----------------------------------|--------------------------------------|-----------------------------------|
| ☐ Calm | ☐ Hopeful | ☐ Relieved |
| ☐ Sad | ☐ Lonely | ☐ Hurt |
| ☐ Angry | ☐ Overwhelmed | ☐ Excited |
| ☐ Anxious | ☐ Numb | ☐ Unsure |

Other words that fit:

If my emotion had a volume...

Circle a number. This is only a snapshot, not a test.

0	1	2	3	4	5	6	7	8	9	10
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0 = barely noticeable

10 = very intense

One sentence about this moment

Right now, I notice...

Listen to the signals

Emotions can show up in thoughts, body sensations, urges, and behaviour.

Where do I notice it in my body?

Examples: tight chest, warm face, restless hands, heavy shoulders, or no clear sensation.

What thoughts come with this feeling?

A thought is not always a fact. Simply notice the words your mind is using.

What do I feel pulled to do?

- | | |
|---|--|
| ☐ Withdraw or be alone | ☐ Reach out to someone |
| ☐ Explain or defend myself | ☐ Move, rest, or distract |
| ☐ Cry or express myself | ☐ Something else |

What might help me slow down before acting?

Look beneath the feeling

An emotion may point toward something important. You do not need to solve everything at once.

What happened before this emotion showed up?

Think about an event, memory, interaction, physical state, or small moment.

What might I be needing?

Check any that resonate; your needs can be valid even if they are difficult to meet.

- | | | |
|--|--------------------------------------|----------------------------------|
| ☐ Rest | ☐ Space | ☐ Support |
| ☐ Safety | ☐ Respect | ☐ Clarity |
| ☐ Connection | ☐ Reassurance | ☐ Comfort |
| ☐ Understanding | ☐ Choice | ☐ Time |

A question to hold gently

If this emotion could speak, it might be saying...

Respond with care

You can acknowledge an emotion without letting it make every decision for you.

What would a compassionate response sound like?

Try speaking to yourself as you would to someone you care about.

I can understand why I feel...

What I need most in this moment is...

One small next step

- | | |
|---|--|
| ☐ Take a short pause | ☐ Drink water or rest |
| ☐ Name my feeling | ☐ Reach out to someone safe |
| ☐ Move or breathe gently | ☐ Set a small boundary |

Another supportive step I could try:

A reminder: Feelings are information, not instructions. You deserve curiosity and care, even when your emotions are difficult to understand.

For education and reflection only; not a substitute for psychotherapy or crisis care.