Emotional Intelligence
Positive Experience/Emotions Worksheet

1. How easy or difficult was it for you to connect with the experience?

2. How easy or difficult was it for you to connect with the emotions you were feeling?

3. What did you observe about how the emotion manifested in your body?

4. What, if any, thoughts did you have about the experience and the emotion?

5. Was there an action tendency? If so, what was it?

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