



Emotional Self-Awareness Exercise

This is an easy exercise you can do for 3 to 5 minutes each day to increase your emotional self-awareness.

Self-awareness is a building block for mindfulness and emotional self-control.

This exercise helps you to recognise your emotions and current state of mind during your day.

Being mindfully 'aware' allows you to share deeper insights with yourself, your partner, friends, family, and colleagues.

It helps to build closer relationships, through trusted communication and understanding.

What are some other benefits of being emotionally grounded?

What is being 'emotionally vacant or unstable' costing you?

Four Simple Steps

Step 1: At any time of the day, spend a short time to check in and just note to yourself how you are feeling. Can you name the emotions you are feeling? Use the short list of emotions to help you recognise what you are feeling.

Step 2: Ask yourself why am I feeling this way? What situation or series of events has caused me to feel these emotions?

Step 3: Are my feelings in proportion to the situation / series of events?

Step 4: What can I do to look after myself right now?

Aim to do this exercise at least once per day for the next 30 days. Sometimes it can be hard to remember to do, so set yourself a reminder. Perhaps every time you are preparing yourself lunch, or having a coffee break.

After the first week what changes are you beginning to notice?



Short List of Emotions

Admiration	Anger
Amusement	Anxiety
Caring	Boredom
Compassion	Confusion
Contentment	Depression
Curiosity	Disappointment
Enthusiasm	Envy
Euphoria	Embarrassment
Excitement	Fear
Gratitude	Frustration
Happiness	Guilt
Hope	Hopelessness
Joy	Hurt
Love	Jealous
Peaceful	Loneliness
Pride	Regret
Respect	Sadness
Safe	Shame
Secure	Vengeful

Bonus Mindful Self-Awareness Questions

For any word above...

- When was the last time you remember feeling this emotion?
- How do I express this emotion maturely, honestly and respectfully?