

Learning Activity I: Emotional Observation

Instructions

This learning activity requires you to be more self aware of your emotions and reactions to situations. When in the heat of the moment or stressful situation, take a moment to complete the information below. You can always fill this out after the moment too, if this is the last thing you are thinking about!

Complete the table with the following information for situations you find yourself in:

1. **Feeling/Emotion** – What emotion are you experiencing? Anger? Sadness? Happiness?
2. **Source of Feeling** – What or who is the source of that feeling? Your spouse? Kid? Yourself?
3. **Outcome** – What was the outcome of the situation based on your feelings? Positive? Negative?

Feeling/Emotion	Source of Feeling	Outcome

Learning Activity I: Emotional Observation (Continued)

Feeling/Emotion	Source of Feeling	Outcome