Name _____

Thought, Sensation, and Emotion Worksheet

Next time you feel a strong emotion, take a moment to look directly at the thoughts and sensations that are creating it. Use this worksheet to document at least two times of being mindful of thoughts, sensations, and emotions.

Strong Emotion #1 _____

Briefly explain what was happening when you experienced the strong emotion.

_____

_____

What thoughts were coming to mind?

_____

_____

What sensations did you notice in your body?

_____

What emotion were you feeling?

_____

Strong Emotion #2

_____

Briefly explain what was happening when you experienced the strong emotion.

_____

_____

What thoughts were coming to mind?

_____

_____

What sensations did you notice in your body?

_____

What emotion were you feeling?

_____

Thoughts: Thoughts are words, sounds, and pictures.
Sensation: Sensation is felt physically in the body. This can be something like tightness in the chest, shortness of breath, lightness, pain, tingling, etc. It can also be an urge.
Emotions: Emotions can be described by “feeling words” such as angry, sad, happy, etc.