

Emotional Well-Being

IN THE LAB

1. What emotions do you notice most often lately?

(Check, circle, or write your own.)

- Overwhelm
- Stress
- Frustration
- Guilt
- Pressure
- Resentment
- Anxiety
- Other:

2. When I notice these emotions, the thoughts that often show up are:

(No judging. Just noticing.)

3. When emotions show up, I most often tend to:

- React
- Resist
- Avoid

What does that usually look like for me?

4. What's currently in my "emotional jar"?

(List the top things taking up space — not just work.)

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5. Separate the feeling from identity:

I feel _____.
(Not: I am _____.)

6.. A thought that often intensifies stress for me:

Is it:

- Kind?
- True?
- Helpful?

7. When I notice an emotion, I will remind myself:

- Emotions aren't wrong — they're automatic.
- This is human.
- Noticing is a win.
- I don't have to fix this immediately.
- Other: _____

8. My 7-Day Reset Plan

One emotion I'll watch for:

One reaction I'll notice:

One reset I'll practice:

Reflections + Feedback

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