Keep Your Emotions From Snowballing

“By slowing down and identifying each and every core emotion under our anxiety, we feel calmer and clearer about what’s going on for us. For maximum relief, we must eventually process each core emotion one at a time.”*

<table>
<thead>
<tr>
<th>Big, blobby emotion</th>
<th>What’s this feeling, more specifically?</th>
<th>For any specific emotions you circled, can you think of why they’re present?</th>
<th>What small step could you take to resolve these feelings?</th>
</tr>
</thead>
</table>
| Angry               | Betrayed  
                      Inconvenienced  
                      Annoyed  
                      Incredulous |                                                                           |                                                      |
| Sad                 | Disappointed  
                      Hurt  
                      Rejected  
                      Alone |                                                                           |                                                      |
| Panicked            | Overwhelmed  
                      Helpless  
                      Hopeless  
                      Unprepared |                                                                           |                                                      |
| Nervous             | Apprehensive  
                      Worried  
                      Insecure  
                      Fidgety |                                                                           |                                                      |
| Ashamed             | Guilty  
                      Regretful  
                      Embarrassed  
                      Alienate |                                                                           |                                                      |

This worksheet is inspired by this article, by Hilary Jacobs Hendel LCSW: https://www.psychologytoday.com/us/blog/emotion-information/202108/two-powerful-techniques-lower-anxiety