

When anxiety or stress gets too much it's good to take a step back and assess what your feelings are to better understand them.

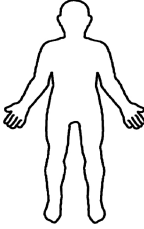
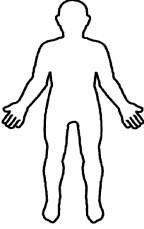
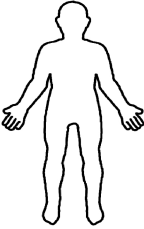
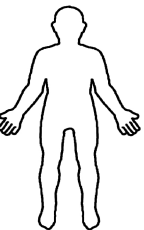
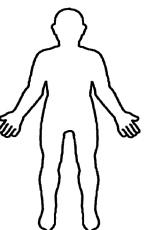
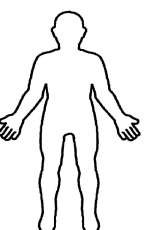
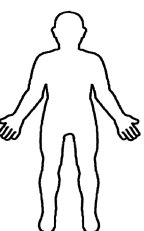
With this chart: under "Event" write down what's happened to make you feel this way

Under "Emotion" write down the emotion you're feeling because of this event (use Asserts emotional wheel for help if needed)

Under "Urge" write down your immediate urge or reaction you want to do in that moment.

Under "Physical Feeling" write down how this makes you feel physically (stomache turning, hot temperatures, pressure, aches etc)

Finally, it can be helpful to visualise your physical feelings, so using the outline of a body feel free to mark/draw your physical feeling. There's no right or wrong way to do this :)

Event	Emotion	Urge	Physical Feeling
			
			
			
			
			
			
			

Notes: