

Struggling vs. Opening Up

Fill in this worksheet once a day to help keep track of what happens when you struggle with your emotions and what happens when you open up and make room for them.

| Struggling vs. Opening Up Worksheet | | | |
|---|--|---|--|
| Day/Date/Time Feelings/Sensations What events triggered this? | How much did you struggle with these feelings? 0 = no struggle, 10 = maximum struggle. What did you actually do during the struggle? | Did you open up and make room for these feelings, allowing them to be there even though they were unpleasant? If so, how did you do that? | What was the long-term effect of the way you responded to your feelings? Did it enhance life or worsen it? |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |