

# Emotional Awareness Exercise

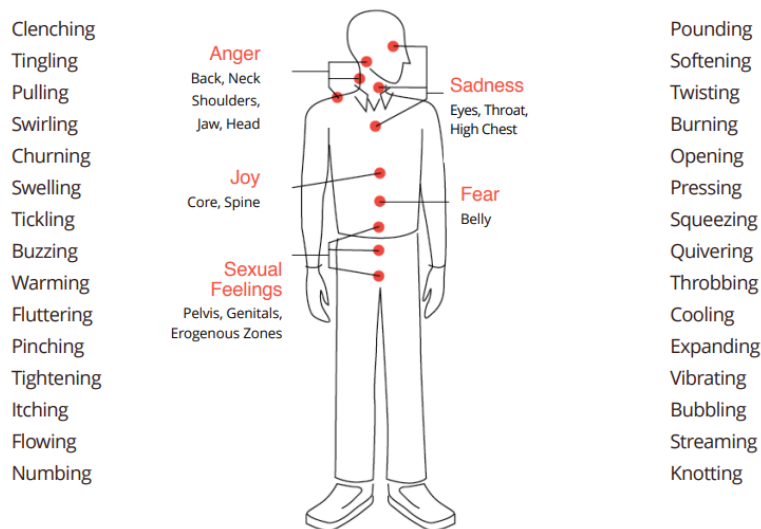
In the space below, write about your experience in the guided meditation in as much detail as possible.  
Note: This exercise is adapted from the work of the Conscious Leadership Group.

**Describe your experience with the meditation in general.**

**Define the core emotion you are feeling (sad, scared, angry, joyful, sexual/creative).**

**Locate and describe the sensation in your body.**

- Describe the sensations like twisting, popping, or flowing (see image below).
- You can use sensations, color, shapes, energy, movement, size, temperature, whatever comes to mind.



Credit: Conscious Leadership Group

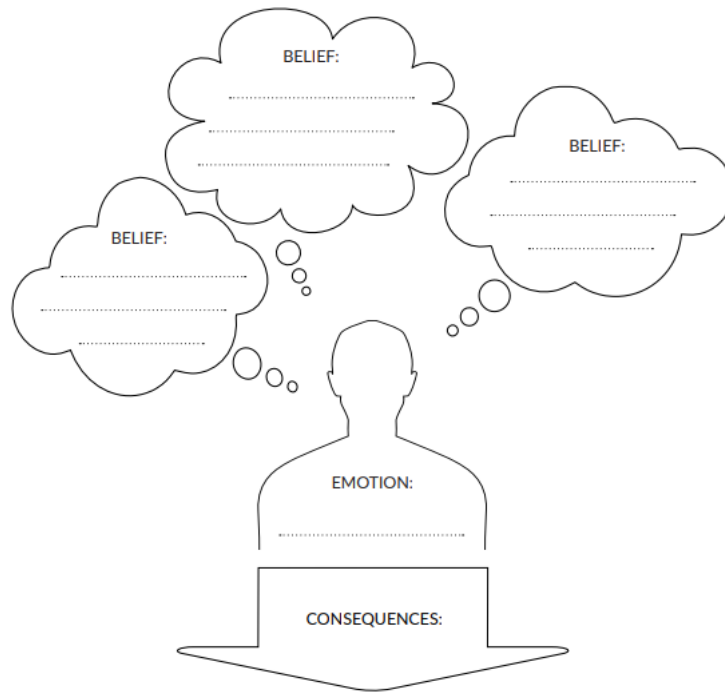
**Was it challenging to be present with the sensations of the emotion versus the story behind it?**

- If yes, why do you think that's the case?

**As you watched the emotion, how did it change?**

**What are your beliefs about this emotion?**

- Complete the diagram below, adding what you believe to be true about this emotion, and what the consequences of this belief are on your life. See the example on the last page.



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### **Is there any wisdom you can gain from this emotion?**

Anger: *What is not or no longer of service? What is not aligned? What needs to be changed or destroyed so something better can be put in place?*

Sadness: *What needs to be let go of, said goodbye to or moved on from? What person, dream, vision, belief or opportunity needs to be released?*

Fear: *What needs to become known? What needs to be faced? What do I need to wake up to? What needs wants to be learned?*

Joy: *What needs to be celebrated? What wants to be appreciated? What wants to be laughed at?*

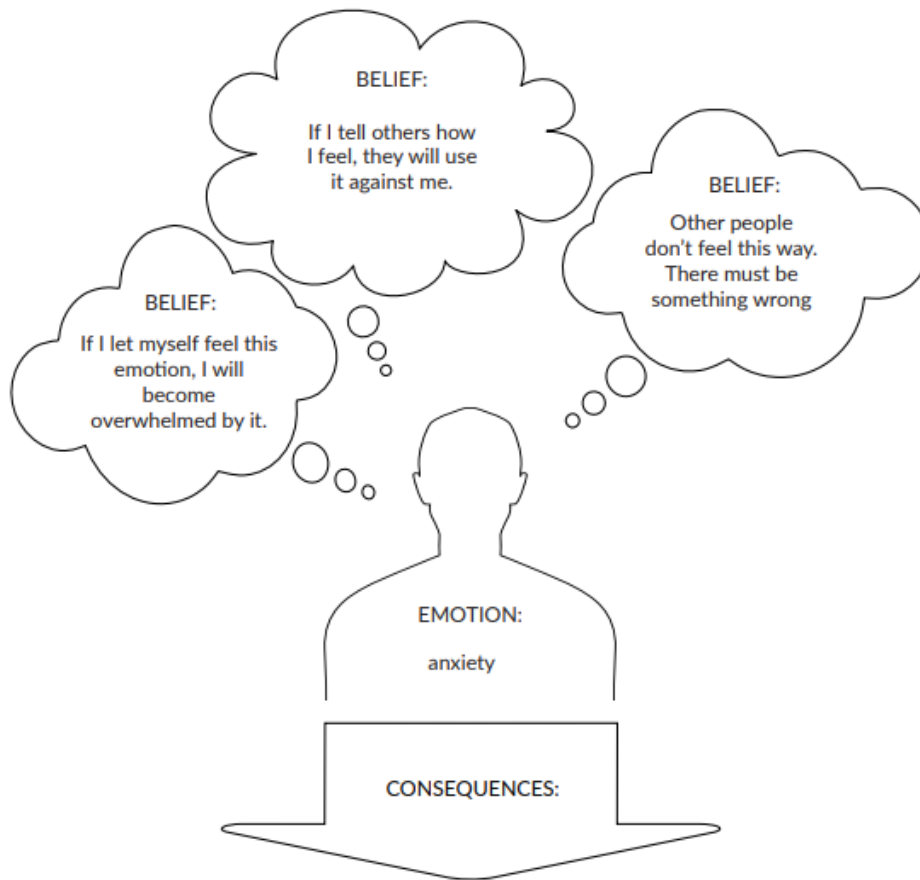
Sexual Feelings: *What wants to be created? What attraction wants to be acknowledged?*

### **How do you think this awareness of this emotions could benefit you in your day-to-day life?**

**What do you think the difference is between saying “I am this emotion [e.g. I am sad]” and “I am feeling sadness?”**

**If you could remember this difference all the time, how would that impact your life?**

**Example:**



I withdraw and isolate myself so that others don't find out how I feel prevents me from their emotional support

I am harsh and self-critical towards myself