Observation skills worksheet

Exercise of application for OBSERVATION SKILLS which includes “Don’t control me” and “Don’t be so mean to me”

Remember: Observe the emotions

 Let them pass through your body and pay attention to where you body feels them

 i.e. gut, throat, chest, hands, legs

 Do Not Judge, they are just a reaction to a situation/stimuli, it is natural and okay

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| What was the emotion | How long did it last physically | How long did it linger in my thoughts | Observe it and allow it to pass |
| SampleAngerDepressionPanic | 5 minutes heart pounding, hands tightHeavy feeling10 minutes | 10 minutes30 minutes25 minutes | No one got hurt and my body was trying to protect me and keep me safe. It passed and I managed well at the time. I didn’t die, I managed it well, its ok I felt this, it was frightening situation and my response makes sense.  |
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The purpose of this exercise is for you to get used to observing your emotions without controlling them. Become less anxious and reactive to having your emotions and more comfortable with feeling them, appreciating that they are temporary and simply a physiological reaction of your body notifying you of its response to thoughts, feelings and assessment of situation. It is a signal that your system is working properly. You can observe and feel without having to take action to the feeling and it will dissipate on its own. If there are difficulty with emotions dissipating then we will address that in the thinking section worksheets. For now, lets just get used to not judging and pathologizing emotions and bodily expressions of emotions.