

Increase Awareness,  
Regulate Emotions, &  
Transform reactivity into  
Insight & Integration

# Emotion Awareness Practice

1

With openness & curiosity, become aware of & identify the specific emotion. Try to discern the difference between the emotion itself and the thoughts or feelings around the emotion. Within your current capacity, simply witness. Recognize the discomfort & tendency to dismiss or distract yourself from unpleasant emotion, Hold yourself & this emotion with loving-kindness.

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2

Tune into the physiological sensations. Notice where & how the emotion appears in the body. Describe this felt experience with as much detail as possible. Everyone experiences emotions differently in the body. Does the emotion have a shape? color? texture? sound?

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3

Observe & express the thoughts you have associated with this emotion. What is the inner story attached to the emotion? The story you're telling yourself. Say it aloud or write it down. Allow this voice to be heard. Emotions are data/information. They are all functional, they help us uncover what is important to us & how to navigate the world.



Mindful ADHD Coaching  
Cultivating Awareness, Compassion, & Skillful Problem Solving



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