

# Emotional Processing & Self-Reflection Form

*For identifying triggers, exploring emotions, and finding resolution strategies.*



**Date & Time of Incident:**

## 1. What Happened?

Briefly describe the situation that led to your emotional reaction.

(Who was involved? What was said or done? Where were you?)



## 2. Trigger Check-In

What do you think may have triggered you? (Check all that apply)

- A tone of voice
- A memory or past experience
- Feeling ignored or dismissed
- Feeling rejected or unloved
- Someone crossed a boundary
- Fear of failure or not being good enough
- Other: \_\_\_\_\_



## 3. Thoughts That Came Up

What thoughts immediately ran through your mind?

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#### 4. Emotions You Felt

What emotions did you notice? (Circle or list any)

- Angry
- Sad
- Scared
- Confused
- Ashamed
- Anxious
- Numb
- Rejected
- Hurt
- Embarrassed
- Lonely
- Disrespected
- Other: \_\_\_\_\_

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#### 5. Body Sensations

Did you notice anything in your body? (Tight chest, racing heart, tension, tears, etc.)

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## 6. How Did You React?

Describe your behavior or response.

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## 7. Pause & Reflect

Looking back, was your emotional response:

- Proportional to the moment?
- More intense than expected?
- Linked to something deeper or past-related?

Explain if needed:

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## 8. What Do You Need Right Now?

What would help you feel safe, calm, or supported?

- A grounding activity (deep breathing, tapping, etc.)
- To talk it out with someone
- A change in environment
- Reassurance or validation
- Space to journal or reflect
- Other: \_\_\_\_\_

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## 9. Emotion Regulation Tools You Can Try:

What coping tool(s) can you use to regulate and reset?

- Deep breathing
  - Positive self-talk
  - Scripture or affirmation
  - Prayer or guided meditation
  - Listen to music
  - Movement/stretching
  - Name the feeling aloud
  - Use the STOP skill (Stop, Take a breath, Observe, Proceed)
  - Other: \_\_\_\_\_
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## 10. What Did This Teach You?

What insight or takeaway do you want to remember next time?

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## Additional Notes or Journal Thoughts:

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