



DECODING EMOTIONS

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EMOTION

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NAME THEM EXACTLY.

Simplify your emotions!!

How am I feeling right now?

Angry/Anxious/hurt/ignored/sad/hopeless

Why am I feeling this way? / What triggered this emotion?

An old memory/ recent event/ my own fears & worries

Can I reframe the situation objectively & view it in a positive light?"

I didn't know how to handle it earlier. Perhaps it was meant for my highest interest, or maybe I'm just overthinking.

What was my role in creating that situation?

I forgot to set boundaries. I reacted instead of responding. I overshared or over cared. I ignored the red flags.

MY LEARNINGS:



EVENT:	SELF-REFLECTION
An old memory of feeling disrespected	No one can disrespect me unless I allow it. So I either speak up or walk away with grace, and set clear boundaries.
I felt ignored at the event	Learn to say no to places where you don't feel welcomed.
I felt helpless	Stop relying on people who later use your support for their own benefit.



ASSUMPTIONS VS REALITY IN HANDLING EMOTIONS

S.NO.	ASSUMPTIONS	REALITY
1	They ignored my message because they don't care.	They might be busy, stressed, or simply forgot to reply.
2	They sounded rude, so they must be angry with me	They may just be tired or having a difficult day.
3	I must fix everything for everyone.	Not everything is your responsibility.
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MY TRIGGERS TO HEAL:

1. I was never appreciated for my work.

2. I assume negative in all situations

3. I take things too personally

Blank space for writing a trigger.

Blank space for writing a trigger.

MY IDEAL EMOTIONAL STATE

I stay calm and composed in all situations.

I pause & reflect before I respond to any situation.

I see things in a positive and objective light.

I easily forgive & move on with life.

QUICK GUIDE:



- Use this journal whenever you feel negative or emotionally overwhelmed in any situation.
- By simply naming and processing stuck, old, or undefined emotions, you release a lot of pent-up emotional energy.
- This helps prevent emotions from being suppressed and later manifesting as stress or illness.
- This journal is completely personal — you do not need to share it with anyone. Its purpose is to help you understand & simplify your emotions.
- With regular reflection, you can move toward a more balanced and stable emotional state.
- The words written in grey are only examples to guide you on how to use the journal.

*Understanding Emotions helps you decode your emotions
before they control your reactions.*

